dailystar.co.uk
DAILY STAR Sunday
AUGUST 9, 2026
News with a wink £2.60

THOUGHT FOR THE DAY
I SCREAM
HOW MUCH!?

FREE 24 PAGE FOOTBALL FIXTURES MAG

INCLUDES ALL 92 PREMIER LEAGUE AND EFL CLUBS
ESSENTIAL 2026-27 FOOTBALL FIXTURES
All the dates you need
RICE & SHINE

PICK UP AT TESCO

Voucher required. Subject to availability. See P26

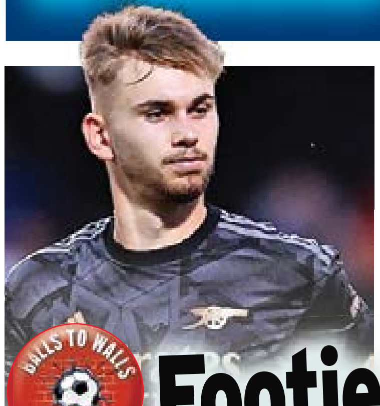
PARENTS BLAST £7 COST OF CLASSIC 99 ICE CREAM

CONE ARTISTS WHIP-OFF BRITAIN

■ **by KATE NELSON**

A CLASSIC 99 is costing hard-up Brits almost £7 as furious families accuse ice cream sellers of cashing in on the heatwaves this summer. Some greedy van and kiosk owners admit they bumped up prices to cash in as temperatures soared.

Full story: P4-5


BALLS TO WALLS
VICAR'S LAW

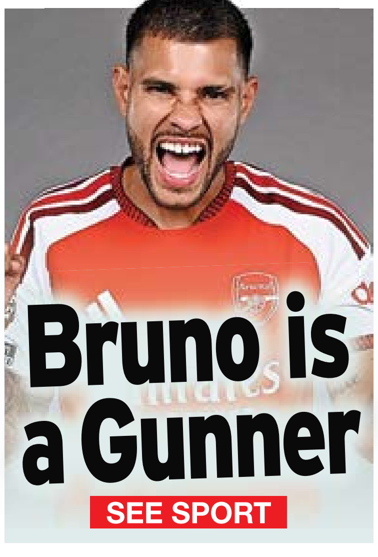
Footie walls victory

PAGE 9

GET YOUR DAILY STAR DAILY STAR Sunday

FOR £4.99 A WEEK FOR SIX MONTHS

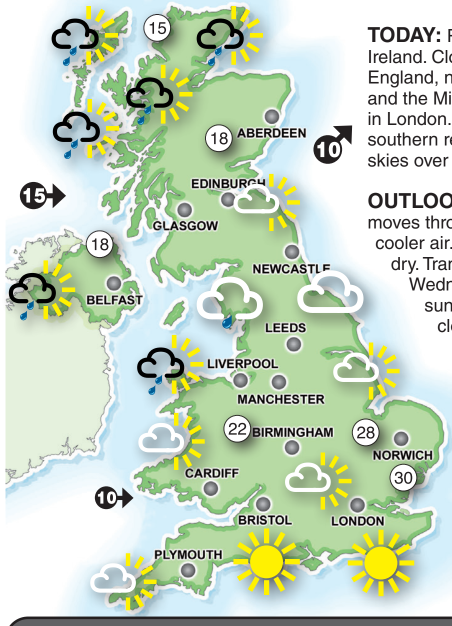
NEW SUBSCRIBERS ONLY. TERMS & CONDITIONS APPLY. SEE P30 FOR DETAILS



Bruno is a Gunner

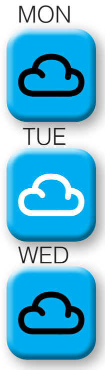
SEE SPORT

TODAY'S WEATHER



TODAY: Rain in Northern Ireland. Cloudy in north-west England, north-east England, and the Midlands. Partly cloudy in London. Fair and sunny in southern regions, with clear skies over Channel Islands.

OUTLOOK: Tomorrow, rain moves through Scotland with cooler air. Elsewhere, mainly dry. Transitioning into Wednesday, mild and sunny in the south; cloudy with showers in the north.



AIR QUALITY Air pollution levels Low (1) Very high (10) uk-air.defra.gov.uk

Highlands	2	North Wales	3
North East Scotland	2	West Midlands	3
Central Scotland	2	East Midlands	3
Scottish Borders	2	South Wales	3
Northern Ireland	2	South West	3
North West & Mersey	3	South East	3
North East	3	Eastern	3
Yorkshire & Humber	3	Greater London	3

CORRECTIONS & COMPLAINTS

ipso. Regulated

If we've published anything factually inaccurate, please contact the readers' editor by email at **StarLetters@dailystar.co.uk** or write to **Readers' Editor, Daily Star, One Canada Square, London E14 5AP** and, once verified, we'll correct it as soon as possible. The **Daily Star** and **Daily Star Sunday** are published by **Express Newspapers**, a subsidiary company of **Reach PLC**, which is a member of **IPSO**, the Independent Press Standards Organisation. We adhere to the Editors' Code Of Practice as enforced by IPSO, which is contactable for advice at IPSO Gate House, 1 Farringdon Street, EC4M 7LG. Website www.ipso.co.uk, Telephone: 0300 123 2220, email advice@ipso.co.uk. If you have a complaint concerning a potential breach of the Code of Practice, we will deal with your complaint directly or IPSO can refer your complaint to us. Please go to www.reachplc.com/how-to-complain where you can view our Complaints Policy and Procedure. A How To Complain pack is also available by writing to the **Legal and Compliance Department, Reach PLC, One Canada Square, London E14 5AP.**

WE PAY FOR YOUR STORIES

DAILY STAR Sunday

Call 020 8612 7424

Text 07738 209 306

Calls charged at normal rates but don't worry about the cost, we'll call you right back

Read all about it – online as well as in your favourite paper. Our fantastic website is full of the best stories, pictures and videos seven days a week. Get it on your phone, tablet or computer and even download the paper to your tablet or laptop. Plus we'd love to hear from you on social media.

Web: dailystarsunday.co.uk

@DailyStarSunday

facebook.com/thedailystar

THE HEALTH LOTTERY

Big Win numbers Saturday, Aug 08	CHECK HEALTHLOTTERY.CO.UK					
Big Win numbers Friday, August 07	15	22	24	32	50	03
Big Win numbers Thursday, August 06	09	18	25	40	42	47
Big Win numbers Wednesday, August 05	11	28	39	42	44	25
Big Win numbers Tuesday, August 04	13	25	26	43	47	18

2ND CHANCE DRAW, SATURDAY, AUGUST 08: CHECK HEALTHLOTTERY.CO.UK
ALL OR NOTHING, TUESDAY, AUGUST 04: 01, 02, 04,11,13,16, 17, 18, 19, 21, 22, 24

NATIONAL LOTTERY

lotto EURO MILLIONS

LOTTO
SATURDAY,AUGUST 08
CHECK NATIONAL-LOTTERY.CO.UK
DRAW 2
CHECK NATIONAL-LOTTERY.CO.UK
Estimated jackpot: See online

EURO
FRIDAY, AUGUST 07
26, 29, 35, 38, 47 01 02
MILLIONAIRE MAKER: TNXR 81195
Tuesday's estimated jackpot: See online

SET FOR LIFE: THURSDAY, AUGUST 6: 03, 04, 05, 18, 37 LIFE BALL: 06
THUNDERBALL, SATURDAY, AUGUST 8: CHECK NATIONAL-LOTTERY.CO.UK

ARRESTED: Hasna

Charity Hamas probe

AN aid charity is being investigated over alleged links to Hamas following the arrest of a man with ties to the organisation.

Mohammad Yousef Hasna, 45, from Istanbul, was arrested in the UK last week accused of conspiring to funnel money and supplies to Hamas.

He is being held pending extradition proceedings before he can be taken to New York to face charges.

The Charity Commission has launched an inquiry into the Al-Khair Foundation, a Muslim faith UK-based relief charity.

It said: "We received a complaint alleging the charity had connections to Hamas, a proscribed terrorist organisation."

The foundation maintains Hasna is not an employee but works with one of its global partners.

HELD: Alleged gangster

Jet sent to fetch Kinahan

AN Irish Government jet is on its way to Dubai to extradite alleged gang boss Daniel Kinahan.

It comes following his arrest in April in the UAE, where he has been living.

Boxing promoter Kinahan, in his late 40s, is an alleged leader of the Kinahan crime group.

The High Court in Dublin named him as a senior figure in an organised crime gang involved in international drug trafficking and firearms offences.

The Kinahan cartel was involved in a feud with a rival crime gang in Ireland, beginning in 2015 and resulting in 18 deaths.

In 2016, an attempt was made on Kinahan's life at a boxing weigh-in at the Regency Hotel in Dublin, and in 2022, US authorities issued a reward of up to $5million for his arrest.

IT'S HAIR FORCE 1

Pictures: GETTY IMAGES

★ DONALD Trump has a hair-raising time as he gets off his Air Force One plane.

The Orange Manbaby looked windswept as he arrived in Newark, New Jersey.

★ The US President was visiting Trump National Golf Club Bedminster, where last weekend he raised eyebrows claiming another pair of club championships.

PM plans to keep Harper killers jailed

'EVERY OPTION EXPLORED'

VICTIM: Pc Harper

■ by DAVID O'DONNELL

ANDY Burnham is to "explore every option" to keep Pc Andrew Harper's killers behind bars.

The new PM previously suggested he was unable to stop Jessie Cole and Albert Bowers being freed early under plans to tackle jail overcrowding.

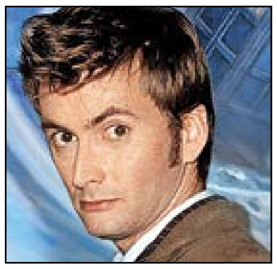
Mr Burnham said earlier this week he had "pushed to the very limits of what it is possible to do" by excluding sentences for "rape, serious child sex offences and other grooming offences" from eligibility.

But Cole and Bowers remain eligible to be freed halfway through their 13-year sentences for the manslaughter of Pc Harper. The officer, 28, died after being dragged by a car down a country road as the pair and driver Henry Long fled the scene of a burglary.

ELIGIBLE: Cole & Bowers

Pc Harper's family have expressed fury at the decision not to exempt Cole and Bowers from the release plans.

news@dailystar.co.uk



TARDIS RETURN: David

Time for Tennant back as Doctor

DAVID Tennant is said to be open to another stint on Doctor Who.

The fan favourite has already been approached by a major Hollywood producer and director, who is tendering a bid for the long-running BBC show.

The Beeb is currently looking for a new production partner for the sci-fi show after its deal with Disney+ ended.

US producer and director Dean Devlin, who produced Godzilla and Stargate, believes reinstating Tennant, 55, as the Time Lord could be key to reviving the show.

His production company Electric Entertainment has secretly begun talks with the Beeb about a new series.

Not only is Devlin a lifelong fan of the show, but he also has a close friendship with Tennant.

A source said the actor "is keen to jump back in the Tardis" if the plots are solid and there are opportunities to deliver a show that revives the "fun of his time in Who".

He played the Time Lord over five years until 2010, before returning as the 14th Doctor in 2023.

THE Ward on the street

'Forget BMX, long live the Chopper'

SEE PAGE 11

It's one Hel of a view...

■ **by DAVID O'DORNAN**

HELEN Flanagan shares eye-popping sights as she celebrates her birthday at Lake Como.

The former Corrie star wore tiny blue swimwear as she enjoyed a holiday in Italy to mark her big day, and shared the snaps with her 1.1million followers on Instagram.

She said: "So it is my birthday! My view is insane... it's absolutely gorgeous.

"Lake Como is so beautiful, it's just as beautiful as you think it's going to be. I love wearing blue... this is my birthday outfit. I love it!"

LEFT FREE: Killer Levy

Beast 'deadly failures'

THE case of a serial sex attacker left free to murder two women is "symptomatic of the litany of failures" in the justice system, Kemi Badenoch said.

The Conservative leader said Simon Levy, who was convicted at the Old Bailey on Friday, was "released repeatedly and allowed to continue his campaign of terror against women".

Levy, 40, was convicted of murdering Carmenza Valencia-Trujillo, 53, and Sheryl Wilkins, 39, in 2025.

The attacks were part of a seven-year crime spree that included multiple sex attacks while police and courts failed to stop him.

Mrs Badenoch called for more jails to be built and cells rented in other countries to "manage the overcrowding problem", rather than have "killers and rapists let out on to the streets".

BLAST: Rowling

Nic: JK fixated on me

NICOLA Sturgeon has claimed Harry Potter author JK Rowling is "obsessed" with her.

The former Scottish first minister made the comments at the Edinburgh Festival Fringe, just a day after the author's most recent criticism.

In an X post, Ms Rowling called the former SNP leader a "world-class misogynist" and "profoundly disloyal" to her party following criticism of its election campaign in a new foreword for her book.

Ms Rowling has been an outspoken critic of the former first minister, particularly on gender issues.

"We disagree on more than one thing – we disagree about independence, we clearly disagree on trans rights," Ms Sturgeon said. "My god, that woman is obsessed with me."

Kids wave beach holidays FLAKING

■ **KEEPING COOL:** Enjoying a shady spot in London's Hyde Park as the mercury soars again

Oh I don't like Gen Z beside the seaside...

TURN OFF: Gen Zers hate phone going flat

TRADITIONAL BREAKS SNUB

■ **by ISOBEL DICKINSON**

BEACH holidays could become a thing of the past – because younger people are terrified of sand and seagulls.

Stinky seaweed, having no mobile signal and running out of phone battery charge are also keeping them away from the coast, a survey has revealed.

Almost four out of five of Gen Zers – born between 1997 and 2012 – quizzed by researchers said a day at the British seaside is outdated.

Other grumbles included filthy loos, parking nightmares – and getting sandy feet. Some even moaned that the sea is too cold.

Susan Wells, solar director at eco-tech brand Hive, said: "When the weather heats up, Britain heads to the coast, but beaches rarely offer power.

"Dead phones and no charging points have become a familiar frustration, especially when people rely on their devices for digital tickets, maps, messaging and mobile payments."

When it comes to the most nostalgic seaside holiday memories from childhood, eating fish and chips wrapped in newspaper at the beach topped the list.

Spending time with the whole family, playing in arcades filled with 2p machines, collecting seashells and eating sticks of rock also hold special memories.

goodbye amid chilling ice prices

THE MICK

CONE TOO FAR: Classic cornet treat

£7 for a 99 as 'extortionate' prices blasted

■ **by KATE NELSON**

A CLASSIC 99 is costing hard-up Brits almost £7 as furious families accuse ice cream sellers of cashing in on the heatwave.

Some greedy van and kiosk owners admit they bumped up prices as temperatures soared, leaving many folk unable to afford the summer treat.

Holidaymaker Rosie Braga, 42, was left fuming after buying four cones from a van near London's Science Museum.

The Italian said: "It cost nearly £26, which is far too much. At this price, I definitely wouldn't buy it again." Others simply walked away after clocking the prices.

One family visiting Hyde Park from Canada ended up sharing a single cone, while pensioners Pete, 75, and Di, 76, baulked at paying £8 for a Magnum and a Solero. Di said: "It's absolutely extortionate, isn't it? You could get four from a supermarket for the same price."

Vendors admit they've lost customers over the soaring costs. One, who works at a Royal Parks kiosk, said: "Sometimes they walk over looking as if they want an ice cream, but then change their minds after seeing the prices."

She told how she made a £6.10 gelato for one miffed customer, only for them to hand it straight back saying: "You can keep it."

One van owner who charges £6.50 for a 99, – a whippy ice cream with a flake – admitted: "We've all put our prices up this year."

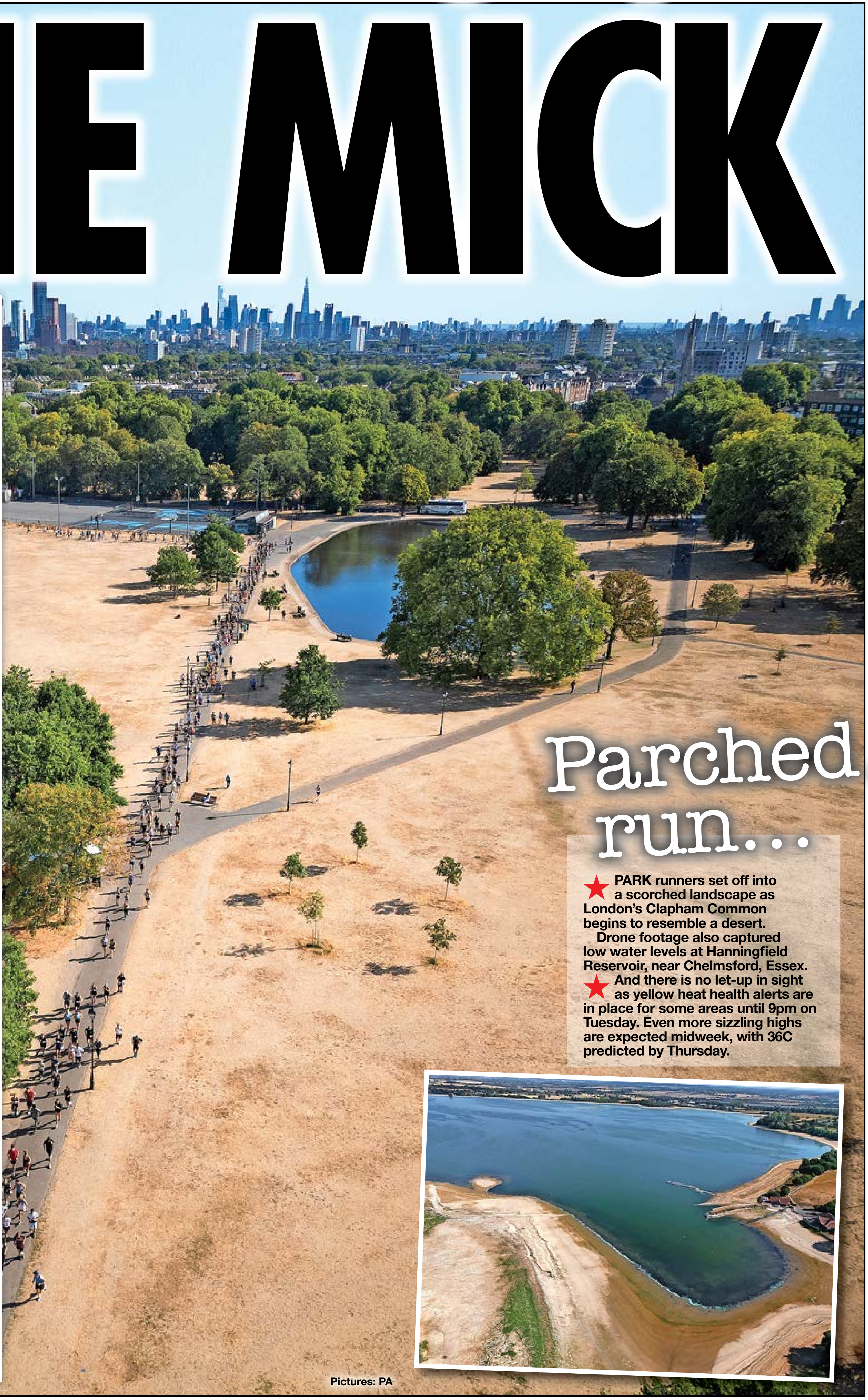
The Ice Cream Alliance blamed rising costs for ingredients, fuel and refrigeration.

Director of operations Catherine McNeil said: "Almost every part of serving a 99 has become more expensive."

The debate has even reached the Clacton by-election, where intergalactic space warrior Count Binface's manifesto pledges include a promise to cap the price of a 99 at 99p.

The Star Says: Page 6

kate.nelson@dailystar.co.uk



Parched run...

★ **PARK runners set off into a scorched landscape as London's Clapham Common begins to resemble a desert.**

Drone footage also captured low water levels at Hanningfield Reservoir, near Chelmsford, Essex.

★ **And there is no let-up in sight as yellow heat health alerts are in place for some areas until 9pm on Tuesday. Even more sizzling highs are expected midweek, with 36C predicted by Thursday.**

Pictures: PA

DAILY STAR Sunday Says

Wall ban is grounds to celebrate

TODAY the Daily Star Sunday celebrates the banning of solid perimeter walls around football pitches.

Our Balls To Walls campaign went some way in forcing the Football Association to bring in the new rules.

We were moved to act after the truly tragic death of former Arsenal youth player Billy Vigar.

The 21-year-old died after sustaining a "significant brain injury" thought to be caused when he collided with a concrete wall during a match.

The FA launched a review and thanks to pressure from campaigners and Billy's family they have finally acted.

The FA and Premier League are set to fund the changes.

But time is of the essence and as the new season kicks off, funds must be put in place immediately so clubs can make their grounds safer – as soon as possible.

This all comes too late for Billy and his loved ones but these new rules will hopefully mean no family has to suffer such a tragedy again at a football match.

Don't be a flake Andy

HAVING a 99 at the beach or at the park in the summer sunshine is a British tradition that goes back generations.

But our story today reveals that an ice cream with a flake is becoming too expensive for many families to enjoy.

The cost of the treat has soared across the UK, with some reports of them costing as much as £7.

There are some unscrupulous vendors hiking up prices to cash in during heatwaves.

But generally the prices reflect the surge for business owners in costs of ingredients, fuel and refrigeration.

New PM Andy Burnham should take note and do all he can to help businesses keep prices down and affordable across the board.

Or we could all vote for Count Binface who promises to cap 99s at 99p.

Flake it happen!

Sparks fly

DARTS players are raging at super hot venues as they are being attacked by swarms of flies.

They'll need to aim for DOUBLE SWATS…

ETNA'S A LAVA LAMP…

Picture: ANADOLU VIA GETTY IMAGES)

MOUNT Etna lights the night sky with rivers of lava in a spectacular new eruption that forced the suspension of arrivals at a nearby airport.

The spectacular shots come amidst increasingly intense activity from Etna – one of the world's most active volcanoes.

A spokesman for neighbouring Catania airport in Sicily said: "Due to Etna's eruptive activity and the associated release of volcanic ash into the atmosphere, the airspace corresponding to the cloud has been closed."

A plume of smoke and ash could also be seen billowing from the summit on a webcam on the website of the National Institute for Geophysics and Volcanology, which monitors Etna.

At nearly 11,000ft, Etna is the tallest active volcano in Europe and has erupted frequently in the past half-million years. Tough restrictions and ash advisories have been in place since last July.

LOSS: Lionel with Jorge

Tributes as Messi dad dies

LIONEL Messi's dad Jorge has died in hospital in their native city of Rosario.

Confirming the news, the Argentine superstar's boyhood club Newell's Old Boys said in a statement: "We bid a farewell with profound sorrow and grief to Jorge Messi, who passed away at the age of 68.

"A recognised Leproso supporter, businessman and father of the captain of the Argentine national team, Lionel Andes Messi.

"Jorge was the support and the person who, with vision, rigor and affection, guided the career of the greatest player of all time alongside his wife, Celia.

"His constant support and leadership behind the scenes were fundamental in backing every step Lionel took.

"Thank you for teaching him to love these colours."

ACCLAIMED: Orbit

'Music master' salutes

MUSIC stars have paid tribute to acclaimed producer William Orbit, who has died aged 69.

Family and friends confirmed he died on July 23 and said he will be "greatly missed by so many whose lives he touched".

London-born Orbit worked with an array of artists. US DJ Stuart Price, famed for his collaboration with Orbit and Madonna, posted that he was "infinitely inspiring", which was liked by Madge.

All Saints' Nicole Appleton said: "I felt so lucky when he worked with us." Blur shared the cover of their album 13, which he produced, with a heartbroken emoji

And Celeb DJ Fat Tony shared a photo of Orbit and wrote: "This really hurts. Goodbye you amazing man, what an incredible career."

POSH IN LIGHT & SHADES

by DAVID O'DORNAN

★ VICTORIA Beckham shields her eyes from the dazzling Mediterranean sun with a huge pair of shades.

Posh is on a luxury holiday with ex-footballer hubby Sir David on their £16million yacht called Seven, which was moored in French celeb hotspot St Tropez.

★ Victoria, 52, was joined by son Romeo, 23, and her own mum Jackie Adams, 75, both below left.

Her daughter Harper, 15, below right, was also on the sunshine trip.

Gianni: I wasn't playing away...

FOOTBALL BOSS DENIES 'LOVER PAYOFF'

'UNTRUE CLAIMS': FIFA chief

by JERRY LAWTON, Chief Reporter

GIANNI Infantino has "strongly" denied UEFA paid off an alleged lover while he was boss of the European game's governing body.

The woman reportedly received a "six-figure sum" after an alleged relationship with the under-fire FIFA president.

UEFA – which is threatening to boycott the World Cup unless Infantino steps down after his axed plan to sell off the tournament to private investors – said it gave her a "departure payment" but it was in line with regulations.

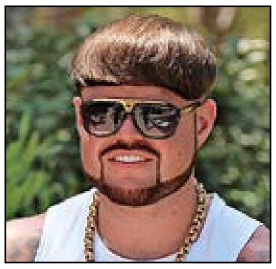
A FIFA spokesman said that Infantino "strongly denies these allegations and they are categorically untrue". They added: "Any insinuation of inappropriate conduct or violation of statutes or regulations is defamatory. No employee at UEFA and FIFA has ever raised a complaint regarding Mr Infantino's behaviour because there never was an incident where he was involved."

Lawyer Infantino, 56, worked for UEFA for 16 years before being elected FIFA president in 2016. He married wife Leena in 2001 and they have four children.

jerry.lawton@dailystar.co.uk

DENIAL: Infantino with wife Leena

BOARD OF THE FLIES



HAIR RANGE: Jack

You can cut it as the Boss

THE Ibiza Final Boss is to launch a range of hair products – giving fans a chance to copy his look.

The former builder, real name Jack Kay, blew up the internet last summer when footage of him dancing at Wayne Lineker's O Beach club in Ibiza, sporting a chunky gold chain, designer shades and his signature bowl cut, went viral.

Now the 26-year-old from Newcastle has trademarked the words "Final Boss" for a string of potions including hair-styling spray, wax, gel, mousse and shampoo.

Kay has revealed how he earned £800,000 in six weeks after he shot to fame.

He said at the time: "I'm trying to keep a level head. I've got a little daughter so when she's older, she can have anything she wants."

LONG CAREER: Astley

Rick: It's all down to luck

EIGHTIES icon Rick Astley is still enjoying huge success, but insists it is because he is "lucky".

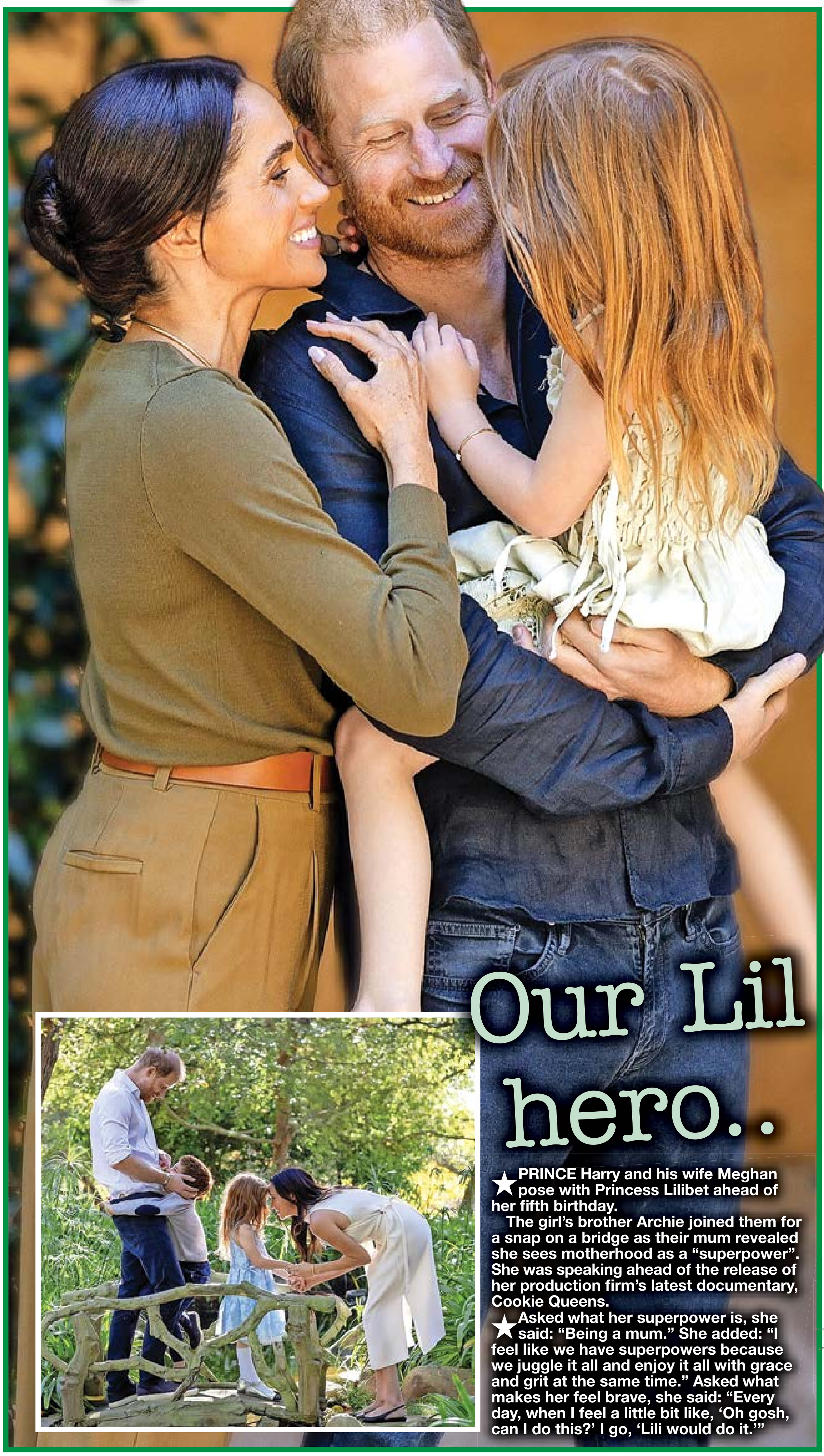
The Never Gonna Give You Up star, who will perform at Carfest later this month, has seen plenty of talented artists fail, even though he believed they were headed for glory.

Speaking to Sirius XM, Rick, 60, said: "For me, my overriding factor, and it keeps me relatively sane, is to just go, 'You're just a lucky bugger.'

"I can 100% think of a handful of people I've met and gone, 'Well, they're going to have the biggest record of next year,' and they disappear without a trace.

"Or they make this amazing record and then you go, 'What the hell happened?'

"And that's just the music business. It does chew certain people up."

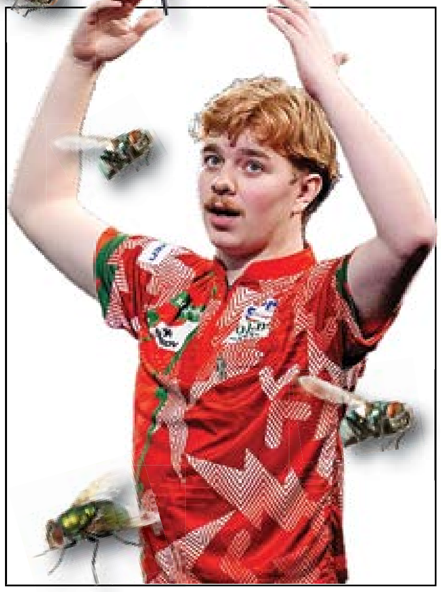


Our Lil hero..

★ PRINCE Harry and his wife Meghan pose with Princess Lilibet ahead of her fifth birthday.

The girl's brother Archie joined them for a snap on a bridge as their mum revealed she sees motherhood as a "superpower". She was speaking ahead of the release of her production firm's latest documentary, Cookie Queens.

★ Asked what her superpower is, she said: "Being a mum." She added: "I feel like we have superpowers because we juggle it all and enjoy it all with grace and grit at the same time." Asked what makes her feel brave, she said: "Every day, when I feel a little bit like, 'Oh gosh, can I do this?' I go, 'Lili would do it.'"



'BUZZ OFF': Cam Crabtree

Arrows aces bugged by a new menace

by JERRY LAWTON, Chief Reporter

THE world's top darts stars are buzzing with rage – because they are being attacked by flies.

Players at the world championships have been fending off the famous Ally Pally wasp for years.

But now they are facing a new airborne menace at tournaments across Europe – the common fly.

Hot weather combined with soaring temperatures inside venues packed out amid the sport's soaring popularity are being blamed for the swarms.

Air conditioning is often switched off as it can alter a dart's flight.

English ace Cam Crabtree said toastie tournament venues were turning into "fly central". The world No69 was blitzed playing two recent Players Championship events in Hildesheim, Germany.

Crabtree, 22, said conditions inside the city's Halle 39 became almost unbearable as he suffered a couple of early exits.

He said on TikTok: "When it is really warm in the venue, you get eight million flies. So if you eat anything, there is a fly in your food. If you drink anything, there is a fly in your cup. If you are trying to throw, there is probably a fly on the board. That place is like fly central. It is disgusting."

He said there was little darts chiefs could do to halt the invasion and players just had to put up with it. The arrows ace added: "What can they do? If you put fans on, it will blow the darts."

The fly invasion has echoes of the Ally Pally wasp storm. The stinging pest is notorious at the world championships at London's Alexandra Palace, where its targets this year included Luke Littler. The 19-year-old had to fight it off on the opening night on his way to back-to-back world titles.

The Star Says: Page 6

jerry.lawton@dailystar.co.uk

COMEDY GIG: Amanda

Knox in 'crime site' jibe

AMANDA Knox joked about a crime scene in her debut stand-up show at the Edinburgh Fringe.

Knox, 39, who was convicted and later acquitted of murdering Brit student Meredith Kercher, vowed her Cartwheel show would "honour" her late friend.

But moments into the production, Knox appeared to make light of the horror to roaring applause.

Standing in a set made to look like a child's bedroom, she quipped: "Really sorry it looks like a crime scene in here."

And she joked about the need for shops to stock acquittal greeting cards, saying: "It's a whole industry, I'm telling you."

Meredith's family have called for the show to be cancelled, but audiences said it was "respectful" and "genuinely funny".

BUY THIS

SCORE VODKA FOOTBALL-SHAPED DECANTER

THIS stylish decanter won't be shown a red card any time soon.

The World Cup might not be coming home for the time being, sniff sniff, but this snazzy football-shaped decanter certainly is.

Footie fans can drown their sorrows with this super-stylish soccer ball-shaped bottle full of top-notch Polish vodka.

The maker of this nifty treat, Score, is known for its love of the beautiful game, with all of their vodkas representing the sport in some way or another.

You can always save it for the Euros, if it lasts that long!

40%, £99.90, thewhiskyworld.com

HURLEY DAY IS SO FUN!

■ **by DAVID O'DORNAN**

★ IT'S a family affair for Elizabeth Hurley on holiday with her partner Billy Ray Cyrus and her son Damian.

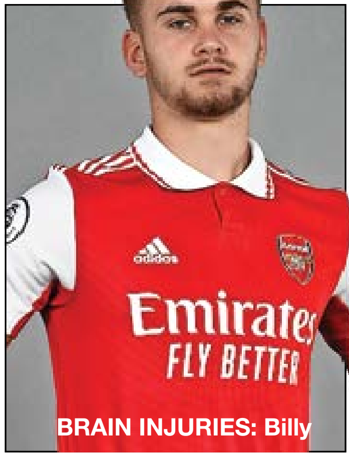
The model, 61, was all smiles in a series of snaps posted on Instagram by the 24-year-old lad.

★ Damian also laughed as he posed on a children's toy horse ride and shared a cheesy grin with country music star Billy Ray, 64.

★ The actor and model captioned the magic moments "family trip" alongside an emoji showing two hands making a heart shape.

campaign tears down walls

FA ACTS AFTER TRAGIC DEATH OF PLAYER



BRAIN INJURIES: Billy

■ **by SIAN HEWITT**

FOOTBALL chiefs have praised a Daily Star Sunday campaign that helped persuade the FA to tear down walls around pitches.

We launched our Balls To Walls drive following the death of former Arsenal youth player Billy Vigar, 21.

The Chichester City player died after sustaining a "significant brain injury" when he collided with a concrete barrier during a match in September 2025. We joined other campaigners in demanding a safety review. And on Friday, family and friends close to Billy were left overwhelmed after the FA moved to ban solid perimeter walls around pitches.

Clubs in the National League system – from step 1 to step 6 – must now remove brick or concrete walls around pitches or use padding to cover them.

The FA and Premier League will provide funding to make the changes.

A source close to the family said: "This is bittersweet.

"This should have been in place before but at least now it is. It must never happen again."

Other clubs in the area where Billy died have spoken in support of our campaign and welcomed the change.

Chairman of Wick Football Club, Matt Lander, said: "I'm glad the FA have listened to the Daily Star Sunday and to other campaigners and have taken these measures to keep players safe. No-one should go to play a football game and not come home."

Billy's death can't be in vain

WE BACK CHANGE

The Star Says: Page 6

sian.hewitt@dailystar.co.uk

ORDEAL: Wasps in flat

My hell at wasp invasion

A MAN is sharing his home with thousands of wasps.

Craig McDonald says the insects have repeatedly stung him, his two dogs and his cat.

They began infesting the bedroom in his flat two weeks ago and he can now no longer use it.

The 38-year-old says his landlord, Oak Tree Housing Association, has failed to deal with the wasp nest in the roof space.

Craig from Greenock, Inverclyde, said: “We are getting stung all the time.

“I had contacted Oak Tree and they told me it couldn’t be a wasps’ nest because of the time of year.

“Then they sent in pest control. It made no difference and the nest is still there. I need rid of it.”

Oak Tree Housing said it was trying to resolve the issue “as quickly as possible”.

36HR MARATHON: Pair

Bowlers refuse to jack it in

TWO men have set a new Guinness World Record after playing bowls for more than 36 hours.

Matt Noble, 38, and Jamie Croft, 37, played from 6.15am on Saturday until 6.17pm on Sunday – a total of 36 hours and three minutes.

Their game at Newark Town Bowls Club, Notts, smashed the previous record of 32 hours and 34 minutes.

The pair also raised £1,800 for Menfulness, a men’s social wellbeing charity.

Jamie won the marathon match by 378-359 after the pair completed 435 ends over the course of the weekend.

Matt said: “We were just trading back and forth some incredible bowls.

“To be playing at that level was amazing.”

Widdecombe cops probe Farage bomb

ATTACK ON HOME REINVESTIGATED

INCIDENT: Farage

■ by DAVID O’DORNAN

COPS probing the death of Ann Widdecombe have reopened an inquiry into a firebomb attack on Nigel Farage’s London home.

The Reform UK leader previously told how a “lit incendiary device” was pushed through his letter box in April 2025.

Counter Terrorism Policing London and the Metropolitan Police were involved in enquiries into the incident.

They found “damage was caused to a door but nothing was stolen” and the investigation had been closed with no arrests made.

On Friday, CTP London said a new line of inquiry had been identified that was not “pursued by them at the time”.

They confirmed they are now looking into an “attempted burglary” at a property as part of their work on the Widdecombe case.

The former Tory minister and Reform UK spokeswoman was found dead at her home in Devon last month. Joshua Kerry, inset, was charged with her murder.

CTP London has now referred itself to the Independent Office for Police Conduct over how the initial investigation into the Farage incident was handled.

The IOPC said it related to “an allegation the individual failed to identify and pursue a line of enquiry”.

news@dailystar.co.uk

OLD HOBBITS DIE HARD

■ by DAVID O’DORNAN

★ IT’S the Fellowship of the Ring! Best pals Elijah Wood, Sean Astin, Dominic Monaghan and Billy Boyd enjoy a reunion 25 years after first starring together as hobbits.

The quartet stole the show in the hit Lord of The Rings blockbusters, with the first in the franchise released back in 2001.

★ Brit actors Dominic (Merry), 49, and Billy (Pippin), 57, starred alongside American pair Elijah (Frodo), 45, and 55-year-old Sean (Sam) as the much-loved characters.

★ Sean received thousands of likes after he posted the sweet snap on social media with the caption: “The band’s all here.”

THE Ward on the street

HE'S FUMING, FEARLESS & FUNNY

WRITING'S ON WALL AT LAST

GREAT news this week that brick, breeze block and concrete perimeter walls will be removed from all football pitches.

It comes after the needless, tragic death of 21-year-old youth player Billy Vigar, who sustained a "significant brain injury" after colliding with a wall during a game. This paper campaigned with others to urge the FA to act. And they have. It's just a tragedy it didn't happen sooner.

Dad joke of the week

A MAN walks into a bar carrying a large piece of tarmac. He says to the barman: "A beer for me… and one for the road."

Looks like Infantino is Don for

WE'VE all been there, Gianni. Give your beau everything, shower them with gifts and praise yet when the going gets tough they ghost you completely.

After all you did for Donny, the brown-nosing, the scrapping of a US player ban and his brand-new peace prize! And now he's not even returning your calls. Bless.

I'll stand till I'm legless

APPARENTLY a London council was drawing up plans to stop pubs allowing "vertical drinking", which is another way of saying standing up to have a pint.

What a completely ridiculous idea that is. I don't feel councils should get in the way of me drinking how I like until I'm horizontal.

GET IN THE BIN..

Jason Arday

THE rags-to-riches story of the Cambridge professor sounded too fantastical to be true. And as it turns out, many of his claims are utter balderdash.

Chopper is the ride one for me

THE company that owns British bike manufacturer Raleigh faces insolvency, which made me think we will never see a new version of its most iconic invention – the Chopper.

And it sent me down memory lane.

I remember being eight years old and like almost every eight-year-old in Britain in 1987, I was desperate for one bike. A BMX.

I was hooked on them and glued to the screen watching the Kellogg's BMX Championships on Channel 4.

I asked and begged and pestered my mum and dad for ages.

Every Christmas and birthday I only had one item on my want list.

I wasn't aware that a new BMX would have broken the bank for my hardworking old man. But I knew he wouldn't let me down. Pat the builder from County Tyrone would move heaven and earth to please me and my sister.

And one morning he said he'd got a surprise for me, a gift he'd got from a fella he met down the pub for a knockdown price. Excited, I whipped off a sheet that was covering it as I imagined racing my new bike around the dirt track at the park.

And there it was. And there it certainly wasn't. It was a bike all right. But not the sleek body of a BMX.

It was some ungodly looking contraption with long handlebars and one big wheel at the back, and inexplicably a smaller one at the front.

"Er, what's this?" I said. "That's a funny thank you," my dad replied. "What. Is. This?" "It's a Chopper. Now go and bloody ride it or I will chuck it in the skip."

So I took the heavy cycle out and gave it a go. And boy did I fall in love. But it was a tough relationship.

My dad said these were cool in the 70s but this was west London in 1987 and I was as far away from being cool as was possible. A gangly, geeky, seriously shy mess with scruffy, curly hair and Gola trainers.

And riding on this mysterious-looking machine from a bygone age around the streets of Ealing made me an oddball.

Pals with BMXs pointed and stared. I was called poor, weird and a loser for daring to ride something different.

OK, I couldn't go round the council-built dirt track or do any jumps on the ramps. It was so cumbersome it was like trying to drive a tank up a multi-storey car park. But I didn't care. It was a dream to ride.

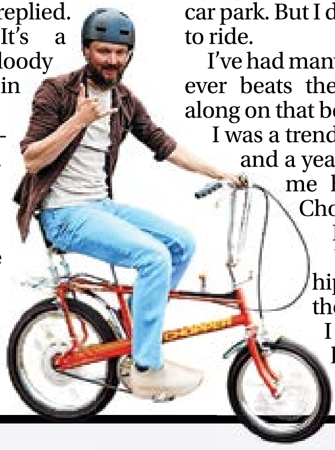
I've had many a bike since but nothing ever beats the memories of skidding along on that belter.

I was a trendsetter but didn't know it and a year later a pal of mine gave me his used BMX and the Chopper was left to rot.

If only I'd kept hold of it.

When I was in my 30s, hipsters were shelling out thousands for them.

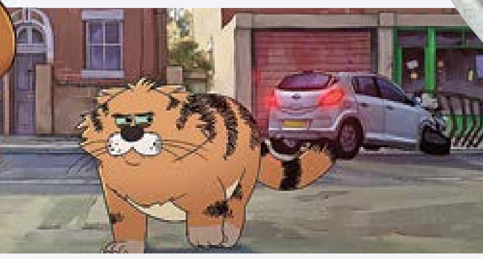
I found out too late how lucky I was to have one. Long live the Chopper!



RICKY HITS PAWS ON THE LAUGHS

I'VE watched some of Ricky Gervais's new "comedy" cartoon Alley Cats and struggled to see where the laughs were supposed to come from.

Then I realised the only one laughing here is Ricky, all the way to the bank, for getting a huge payday to get this utterly unfunny nonsense made at all.



YOU'RE THE RON I LOVE

I SEE Cristiano Ronaldo is getting married. And in a complete surprise to me, it turns out he's not getting hitched to the one true love of his life – himself.

He's tying the knot to long-term partner Georgina Rodriguez.

I hope the three of them live happily ever after.

Feeling too hot hot hot

OK weather, let's make a deal. I promise never to moan about the p*ing rain or freezing-cold February morning ever again. Just please stop it with these constant bloody heat-waves. It's too much and I can't take it any more!**

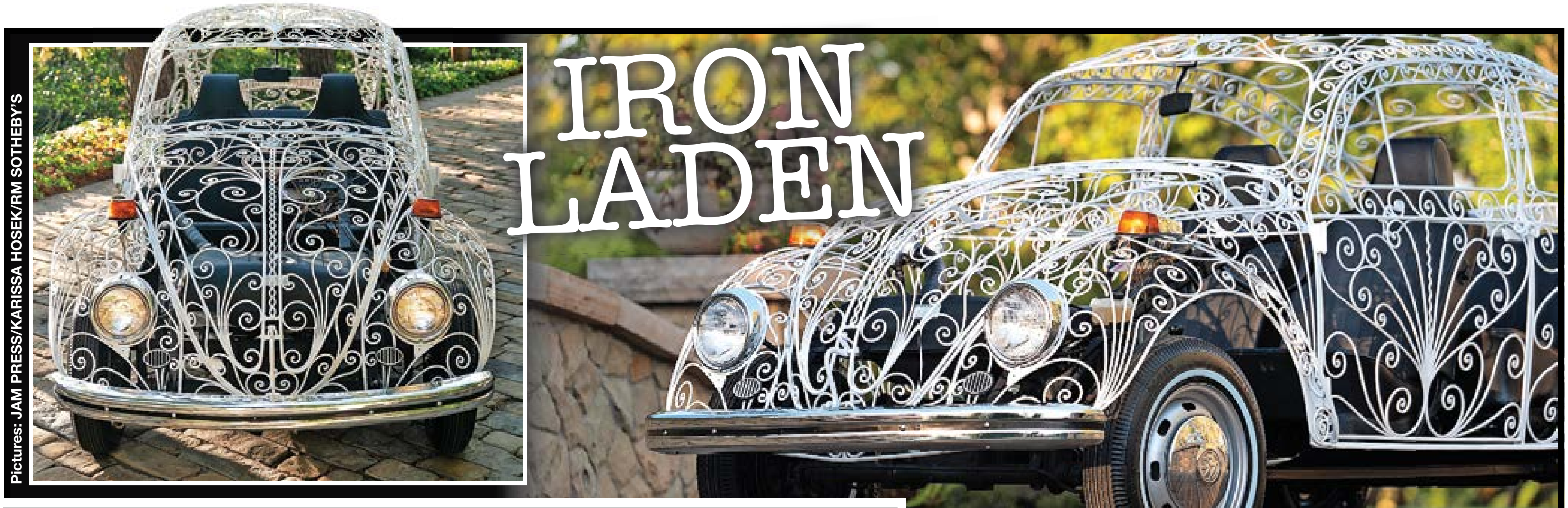
UP FOR THE CUP..

Count Binface

VOTERS in Clacton will probably vote Nigel Farage back in this week. But even so he's been shown up by a man dressed as a bin who is the real winner here.

To join the debate, email Wardy at john.ward@dailystar.co.uk

IRON LADEN



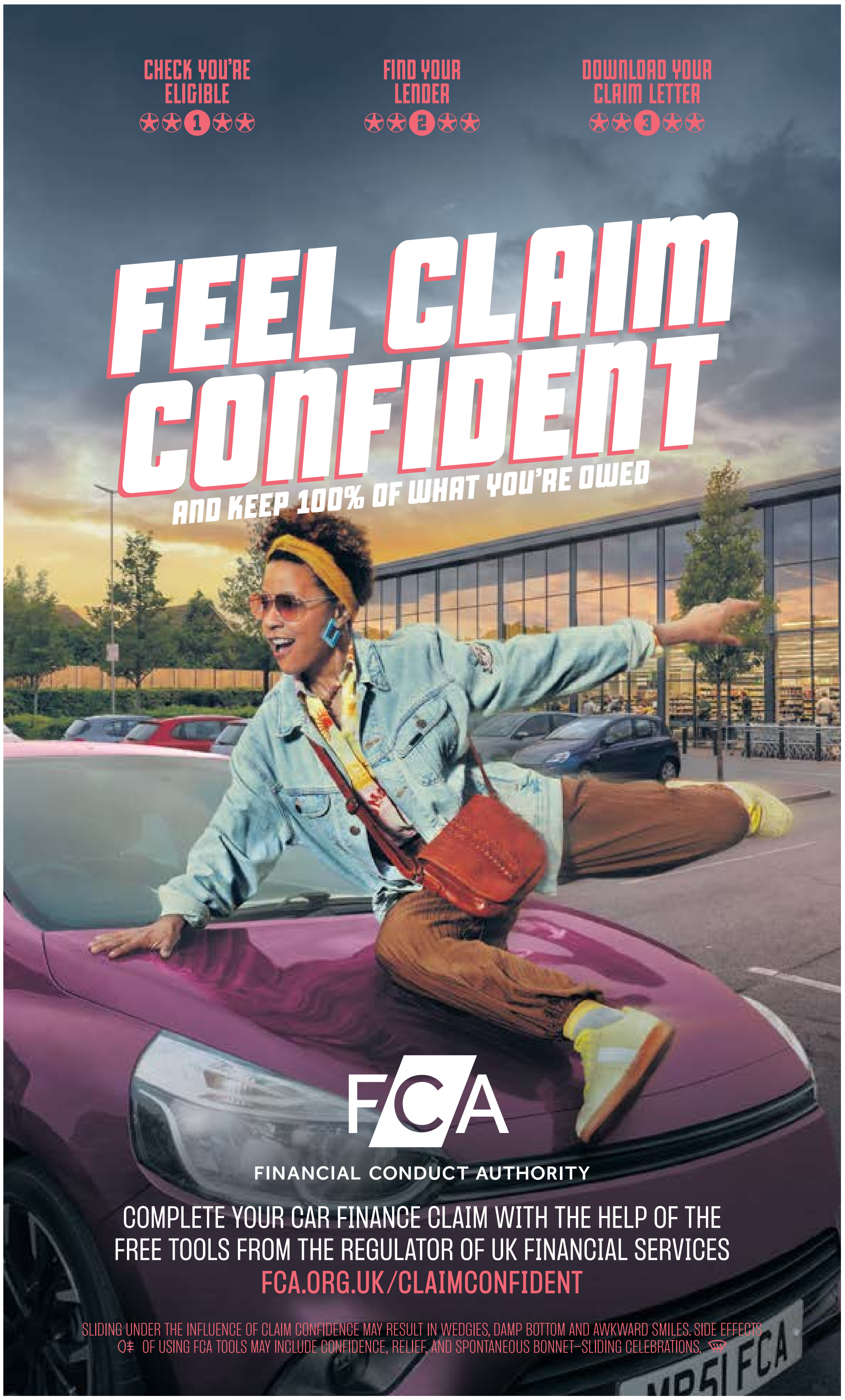
Pictures: JAM PRESS/KARISSA HOSEK/RM SOTHEBY'S

★ A VOLKSWAGEN Beetle with a body made entirely from wrought iron is going under the hammer – for almost £100k.

The extraordinary creation was crafted in 1970 by renowned Mexican artist and master blacksmith Rafael Esparza-Prieto.

It is built on a functional 1970 VW Beetle chassis and features distinctive "peacock" doors.

★ The fully drivable work of art is due to go under the hammer at RM Sotheby's in Monterey, California, on Friday with a guide price of £95,000.



CHECK YOU'RE ELIGIBLE ①
FIND YOUR LENDER ②
DOWNLOAD YOUR CLAIM LETTER ③

FEEL CLAIM CONFIDENT
AND KEEP 100% OF WHAT YOU'RE OWED

FCA
FINANCIAL CONDUCT AUTHORITY

COMPLETE YOUR CAR FINANCE CLAIM WITH THE HELP OF THE FREE TOOLS FROM THE REGULATOR OF UK FINANCIAL SERVICES
FCA.ORG.UK/CLAIMCONFIDENT

SLIDING UNDER THE INFLUENCE OF CLAIM CONFIDENCE MAY RESULT IN WEDGIES, DAMP BOTTOM AND AWKWARD SMILES. SIDE EFFECTS OF USING FCA TOOLS MAY INCLUDE CONFIDENCE, RELIEF, AND SPONTANEOUS BONNET–SLIDING CELEBRATIONS.

Sunday leagues time up

SWITCH TO 5-A-SIDE FOOTIE

■ by ED EASTON

BLOKES are falling out of love with Sunday league football at an alarming rate, figures show.

Sport England stats show there were 163,000 fewer men playing football on weekend mornings at the start of last season than a decade ago.

The FA says many players are ditching 11-a-side for five-a-side leagues.

James Kendall, the FA's director of football development, said: "We're seeing less adult male 11-a-side affiliated football being played. Many continue to play but enjoy the flexibility of smaller casual formats."

Will Hamilton, 39, manager of Sunday league side AFC Islington, has spent the summer desperately trying to recruit enough players for the team to survive. He said: "A lot of people don't like playing 11-a-side. You can get your football fix in half an hour. We've definitely lost a lot of people to the more casual games."

BOOTED: Sunday game

But Will says players turning their backs on Sunday league are missing out. He explained: "The difference with a league is that you're part of a team over an entire season. You build stories, rivalries and memories that you just don't get from turning up for a casual kickabout."

He added: "I think men struggle with friendships. Blokes tend to need something to hang them on. Football gives you that excuse."

news@dailystar.co.uk

COSTLY: Meeting up

Social life's out of order

BRITS are forking out hundreds a month on socialising – even though they'd rather stay in.

The average adult spends £120.93 a month going out, yet nine in 10 say their calendar is too busy.

And more than half say staying home makes them happier, according to findings by Heart Bingo.

The survey also revealed that Gen Z spent £160 a month on their social lives – double the amount of Boomers. London tops the table for social spending, with Liverpool coming a close second.

Behavioural psychologist Jo Hemmings said: "Much of this is driven by the psychology of belonging – as social beings we're wired to seek acceptance and avoid exclusion, so declining invitations triggers guilt or anxiety."

SIP THIS

SALCOMBE GIN 'ROSE SAINT MARIE'

SALCOMBE
GIN

LIFE is definitely coming up rosy with this sublime sipper.

This game-changing gin is distilled in the iconic coastal town of Salcombe at one of the world's only distilleries directly accessible by boat.

It's deliciously delicate, fresh and fruity, and inspired by the aromas, flavours and lifestyle of the south of France.

This award-winning pink gin has flavours of marvellous juniper berries, strawberries, lemon, orange, lavender, rose petals and pink peppercorns.

Serve with tonic water, ice and a strawberry slice

41%, £47.25, ocado.com

THE TRUTH IS OUTTA THERE

L'amour de la PLAGE

Gold-hen girl Dani

DANI Dyer shows off her glowing tan as she enjoys a pal's hen do before her gruelling Strictly rehearsal schedule starts.

The 29-year-old also displayed her incredible figure in a series of snaps from the party weekend.

Dani, who is engaged to West Ham footballer Jarrod Bowen and is mum to five-year-old Santiago and three-year-old twin daughters Summer and Star, posted: "The best weekend ever celebrating our bridey to be @daisy_simcox can't wait to watch you get married love you."

OUT OF THIS WORLD: Saucer dropping in

MoD admits it no longer hunts for UFO visitors

■ by JERRY LAWTON, Chief Reporter

THE truth may be out there – but Britain's defence chiefs have stopped looking for it.

The Ministry of Defence has pulled the plug on UFO investigations despite the US releasing its entire X-files to the world.

Paranormal investigator Malcolm Robinson made the discovery after his request for "greater transparency" produced a shock response from the MoD.

In response to his letter to then-prime minister Sir Keir Starmer, the ministry said no UFO has posed a "military threat to the UK" in five decades – so it had stopped investigating sightings.

It went on to explain that the department ceased to investigate reports of sightings in 2009. But defence chiefs insisted they "continuously monitor UK airspace to maintain a complete 'recognised air picture' as part of the national security posture".

Mr Robinson, who has published several books on the subject, urged new PM Andy Burnham to "launch a government inquiry into UFOs over British airspace and, like the US, finally show transparency regarding an enigma that clearly demands answers".

And documentary film maker Mark Christopher Lee said Donald Trump may be about to make Britain look stupid – by revealing UFOs are real.

Lee said a presidential speech on non-human intelligence was "written and ready".

jerry.lawton@dailystar.co.uk

WHAT LITTLE GREEN MEN?

£70k FAST FOOD GIG!

Jet-set racing driver hunt for helper

by ED EASTON

A PAMPERED "international" racing driver is looking for someone to join him on his jet-setting life.

The mystery man needs someone to drive his posh Bentley, wash his "designer clothes" and cook "meals" and "snacks".

They must also have "experience of driving abroad" and "the manners required" to do things like "opening doors and being race side when he is on the track".

In return, he's offering a whopping £70,000 a year.

An advert published in upmarket magazine The Lady by swanky recruitment agency Beauchamp Partners said that the "international business man" required a "fit and on the ball" assistant for an "immediate start".

The ad says that the London-based bloke "races cars" and is in "almost constant travel". It adds: "[He] is deeply charming, calm, understanding but very correct and well-mannered" with a "youthful, zest for life". For £7k plus benefits, applicants must be "highly discreet" and "able to travel worldwide", and will have to "drive his Bentley, housekeep" and provide "wardrobe care and light snacks".

"You and one other will work together to iron, wash designer clothes, pack and unpack, chauffeur internationally and be happy to serve at parties plus prep simple meals."

While the role is based in Mayfair, the racer only spends 90 days a year there, with the rest spent jet-setting around the globe. Anyone applying must also have experience of being a "housekeeper", an "understanding" of what it means to put together a "designer wardrobe" and be willing to "commit, be capable and willing to serve".

news@dailystar.co.uk

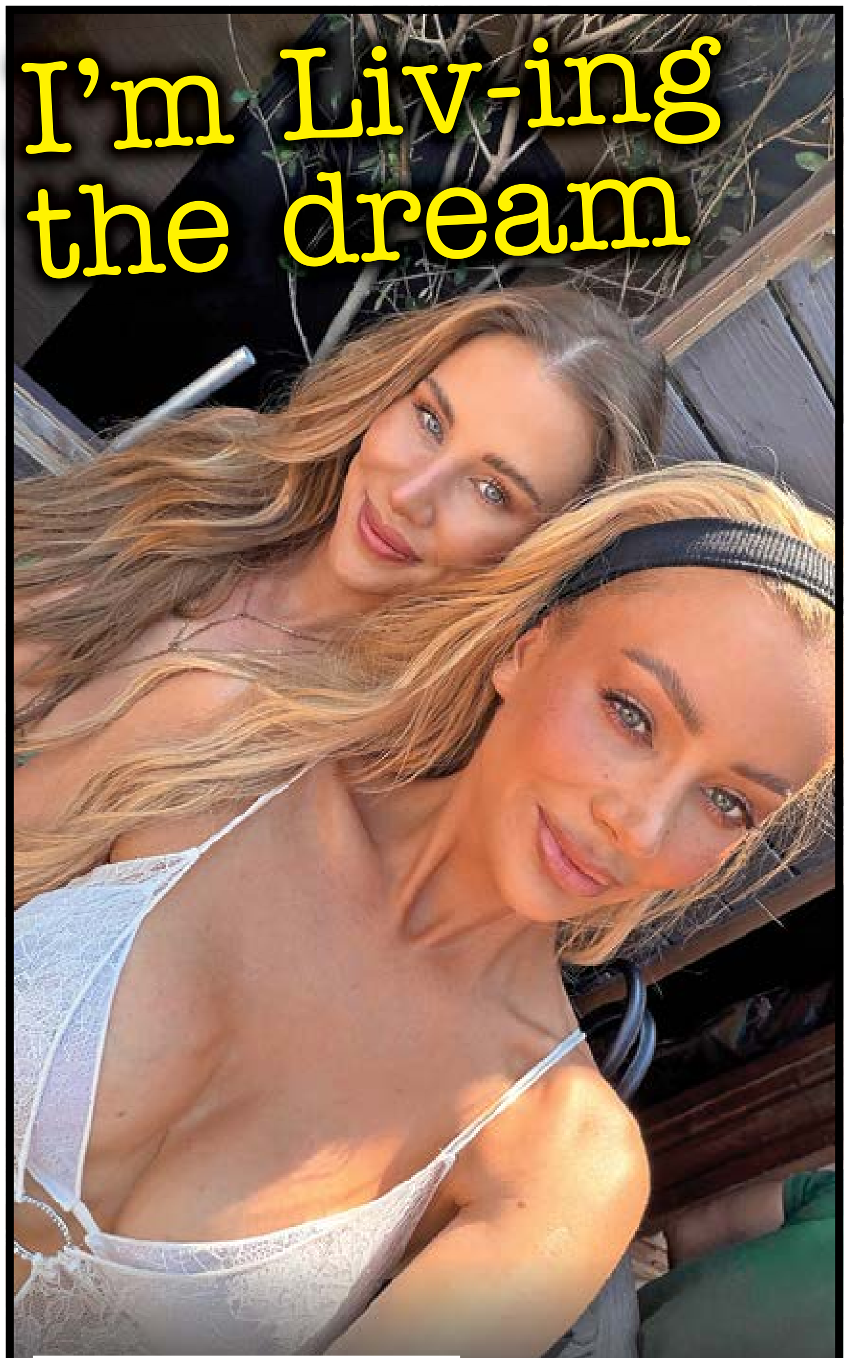
FREE PACK OF FRUIT
FOR EVERY READER AT

Iceland
& the food WAREHOUSE
Choose from apples, pears, bananas or easy peelers
Iceland FUN SIZE APPLES
Iceland EASY PEELERS
Iceland BRAEBURN APPLES
Iceland GRANNY SMITH
5 Premium Bananas
Fyffes
Iceland CONFERENCE PEARS RIPEN AT HOME
Iceland ROYAL GALA APPLES

VOUCHER INSIDE WEDNESDAY'S DAILY STAR

Terms apply - see voucher for details.

I'm Liv-ing the dream

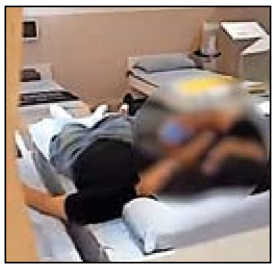


by JOHN WARD

★ OLIVIA Attwood beams for the camera as she and a pal chill out on the French Riviera.

The former Love Island star also shared a cheeky pic of her flashing her bum in Saint-Tropez. The reality TV star captioned it: "Leg 86547 of tour."

★ It came after loved-up Liv earlier this week hailed her new boyfriend Pete Wicks as a "rare person", describing their relationship as "the easiest thing I've ever done".



ROMP: Cheeky couple

Eyeful in Ikea

TWO saucy shoppers have been caught romping on an Ikea showroom bed.

The cheeky couple turned the furniture showroom into their own private love nest after being filmed getting steamy on the display mattress.

Shoppers were left red-faced as they started kissing and caressing in full view of families.

The naughty pair, both dressed in black, apparently wanted to test the mattress's buoyancy, ignoring other shoppers as they reportedly explored each other's bodies with their hands.

The woman's low-cut top and exposed waist left little to the imagination.

The couple even dumped their shoes on the next display bed in the Taiwan store.

TRY THIS

KRAFTED COUCH

FORGET schlepping from the sofa to the socket to peek at your phone charging on the other side of the room.

Long scrolling and streaming sessions can drain your phone battery by the end of the day.

And that's where Krafted Couch comes in. This piece of tech has a handy super-long charging cable attached to a wireless charging pad.

The long pad drapes over the arm of your sofa then you can pop your compatible phone on top of to charge.

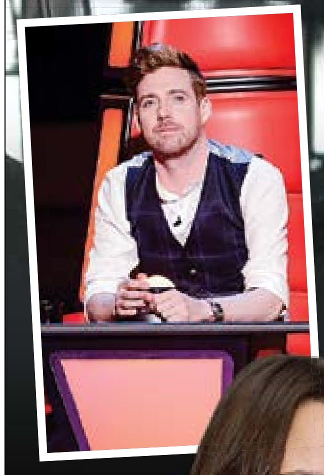
So you keep up with your socials while watching your favourite shows and not having to move.

Plus it also comes in a range of colours including latte, deep blue or matcha to tie in with different colour schemes.

£39.99, kraftedtech.com

NO BOOZY BOOZY BOOZY BOOZY AH AH AH AH AH AH

HIGH ENERGY: Ricky on stage at Glastonbury last year and, below, on The Voice UK in 2016



PARTNERS: Ricky and his celebrity stylist wife Grace

HEYDAY: The band at the height of their fame in 2005

Ricky's loving sober life

by SHELLEY SPADONI

KAISER Chiefs' Ricky Wilson has had some wild parties in his time – but is glad he's sober now, because his rock'n'roll life was getting "out of control".

The 48-year-old Ruby singer says ditching alcohol has eased his once-crippling anxiety – and he's happy to save his crazy energy for when he's on stage.

"Everyone's anxious, to a degree," he says. "Alcohol just makes everything worse. I'm sober now. The anxiety is still there, but it's OK."

It's more than 20 years since Kaiser Chiefs burst on to the music scene with indie earworms such as I Predict A Riot and Oh My God – and they lived up to the rock-star cliché of being party animals.

The frontman, who describes himself as an "introvert", has said that alcohol was originally a crutch for when his anxiety hit, but it got too much. Ricky, who has twin girls, four, with celebrity stylist wife Grace Zito, says he retreated into his own shell when fame got overwhelming.

He adds: "There was all the partying too hard, drinking too much, yes – but it also felt so out of control.

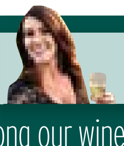
"For about 15 minutes we were pretty famous and in that time, I withdrew into myself totally, because I was reading stuff every week that was like, 'Wow, that didn't happen.' I found it all quite scary."

The former Voice UK judge, who overhauled his lifestyle around 10 years ago, added: "These days, I enjoy performing more than I ever did. I've got more energy now."

Ricky has teamed up with Tempcover to launch Scenic Route Finder, a free interactive tool that helps drivers find alternative picturesque routes.

news@dailystar.co.uk

CORKERS



with
Isobel Dickinson
isobel.dickinson@dailystar.co.uk

Pick a tipple from among our wines of the week...

A bottle of white

LOUIS JADOT MACON-VILLAGES 2024

ALWAYS a staple in Corkers' fridge, this is an unoaked crisp and cracker of a Chardonnay. It's giving green apples and cream for a strudel-style dream. And its gorgeous with goats' cheese.

12.5%, £13, amazon.co.uk

A bottle of red

PENFOLDS BIN 28

FULL bodied and fab, this is setting the bar high for an Aussie Shiraz. With rich dark fruits, mocha and savoury spice, it's a treat with cheese.

14.5%, £32.75, ocado.co.uk

Perhaps a rosé

MORRISONS THE BEST CÔTES DE GASCOGNE ROSÉ

A PLUCKY pink wine made from Cabernet Sauv, Merlot and Tannat. Perfectly pale with beautiful blackcurrant and citrus along with a lovely lingering finish. Awesome for alfresco.

11.5%, £7.75, groceries.morrisons.com

Or fizz instead

HEIDSIECK & CO MONOPOLE BLUE TOP BRU

HEIDSIECK & Co's Monopole Blue Top Brut Champagne is super-quaffable, rich, fruity and well-structured with blackcurrant, lemon and toast notes. Lively and moreish, it's a superb aperitif.

12%, £25, waitrose.com

Reader Offer in partnership with Yimbly.com

3-IN-1 FULL-BODY MASSAGE SYSTEM

Save 20%
Now £79.99 was £99.99
Scan to order online
Remote control
Detachable Shiatsu pillow

Feeling tired, stressed, or in need of a mood boost? After a long day, the eZwell Remedy Massage System provides the perfect solution for a soothing, spa-like experience at home. This 3-in-1 system combines vibrational, shiatsu, and infrared heat therapies to target your entire body, promoting deep relaxation and muscle relief. The ten vibrational motors offer full-body therapy, easing tension and calming your nervous system.

The detachable shiatsu pillow mimics a professional therapist's hands, providing targeted relief with six nodes and soothing infrared heat. The eZwell system also features Zero G anti-gravity technology, dispersing your body weight for weightless comfort. With three intensity levels, five massage programs, and a bonus remote control, you can enjoy a personalised, relaxing experience anywhere, anytime.

yimbly.com/Offer15 Quote **Offer15** Offer ends 1st September

UK Customer Service 0161 444 9879 | Now Open 7 Days a Week

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot ★★★★☆

TV'S RACHEL

I don't worry about being perfect

RILEY ON LIFE AS WORKING MUM

FIGURING IT OUT: Rachel with hubby Pasha and their girls Maven and Noa. Below, from left, on Strictly, doting mum and early days on Countdown

COUNTDOWN star Rachel Riley seems to lead a pretty charmed life with dancer husband Pasha Kovalev, but during the summer holidays it isn't all glitz and glamour.

Like millions of working parents, the maths whizz is juggling the demands of being mum to two girls with a hectic work schedule – and with former Strictly pro Pasha, 46, about to go on tour, the pressure is only likely to increase.

But Rachel, 40, explains: "The secret is not to worry about being perfect. They don't need both [parents] around all the time, either.

"I always think there's more pressure on the mums than the dads to be there.

"Things are obviously different in different households, but if your kids are happy then it doesn't really matter."

■ by JORDAN LLOYD BECK

Channel 4's Rachel fell for the Russian dancer while competing on Strictly Come Dancing in 2013. They married six years later and she is now mum to Maven, six, and Noa, four. But Pasha's about to head off on a tour with former Strictly co-stars Brendan Cole, James Jordan, Vincent Simone and Ian Waite called The Legends In Vegas: After Hours.

Rachel admits: "There's always a new challenge. We're constantly lining up the diaries and seeing what works."

But they do find time for each other, if only for moments at a time. She laughs: "It does tend to revolve around the kids. We took them to see Matilda and afterwards we saw one of those mobile beaches.

"The kids were quite happy playing in the sand, burying each other, so we just had 10 minutes' peace in a deckchair. It was great." Noa is following her sister into school and Rachel says: "I'm so excited. She's been in nursery school for a while, so she already loves learning and has already started reading."

But Rachel, who graduated from Oxford with a degree in applied maths before taking over from Carol Vorderman as Countdown's on-air maths guru, says there's no pressure to follow her into number-crunching. She says: "Research shows that kids are better with maths if they're confident with it, so that's all I want. My eldest says she wants to be an Olympic gymnast and a maths teacher - either or both, I don't know."

Rachel adds that they don't find it strange that their mum is on TV, saying: "They mostly don't even notice. I think it's weirder for their friends, but to them it's just normal.

"They do love it when they get the chance to see Pasha perform live. They go absolutely wild when he's on stage." But they won't get the chance to watch Strictly together as a family when it returns in September with a new line-up and three new hosts in Emma Willis, Josh Widdecombe and Johannes Radebe.

Rachel says: "By the time it comes on, Pasha will be on tour, so he won't even be here. And I'll be with the two kids by myself, so it will be all about trying to get through the bath and bed routine really."

● Rachel is fronting a campaign warning parents of battery hazards called the Summer Safety Swap. She has partnered with Energizer to encourage families to check their homes for hidden battery hazards and replace old lithium coin batteries with the new Energizer Ultimate Child Shield batteries, the world's only lithium coin battery that prevents ingestion burns if swallowed.

Plane scruffy

WEARING pyjamas to the airport has been named one of travellers' pet hates.

Six in 10 people say it's a no-no, while 40% agree it's inappropriate to wear micro shorts on a flight.

Clearpay, which did the study, teamed up with model Leomie Anderson on its Runway Ready campaign. Leomie said: "What's most important is to wear what you want. If you feel great in the outfit you're travelling in, you're going to enjoy your trip from the moment it starts."

CAGED ANIMAL IS SO CHILLING

Hamster keeps lags calm

VIOLENT prisoners are being helped to calm down – by petting a hamster.

Inmates at 1,350-capacity HMP Northumberland take it in turns to look after the fluffy rodent called Robinson.

Lags in one of the jail's 16 wings already look after a flock of chickens.

Bosses say Robinson helps them keep their cool when they're on edge. And the rodent himself is "thriving" as a result of contact with them.

A new report by inspectors from prison watchdog the Independent Monitoring Board says "pet care" at the jail helped inmates show their "caring side".

It states: "The introduction of the pet care area and increase in the chicken flock enables prisoners to demonstrate their capacity for care. One beneficiary, Robinson the hamster, seems to be thriving as a result." It adds: "The pet care area is a useful tool for de-escalation skills when prisoners are at risk of self-harm or violence."

■ by STIAN ALEXANDER

The report also revealed how inmates at the prison in Morpeth were learning how to make mocktails at a "bar" during training with pub chain Greene King.

Other jails let inmates care for a range of animals include birds of prey, pigeons, ducks, and even pet horses, goats and therapy dogs. A source said: "Anything which helps offenders stop kicking off is always good, although some prisons seem to be turning into zoos."

news@dailystar.co.uk

HALF PRICE TICKETS

to York Races Ladies Day

We've teamed up with York Racecourse to give readers half price tickets to the Sky Bet Ebor Festival.

This great offer is valid on the Yorkshire Oaks Ladies Day on Thursday August 20. Ladies Day at York Races is special both on the track and in the grandstand.

The Grantley Hall Ebor Fashion Lawn offers catwalk fun and fabulous prizes.

Sporting action means seven top class races, with a combined prize money pot of £1,800,000.

The Sky Bet Ebor Festival is the week to visit York for the fabulous four day festival of racing. A warm Yorkshire welcome awaits.

Our half price ticket offer is valid for Thursday, August 20 only.

HOW TO CLAIM

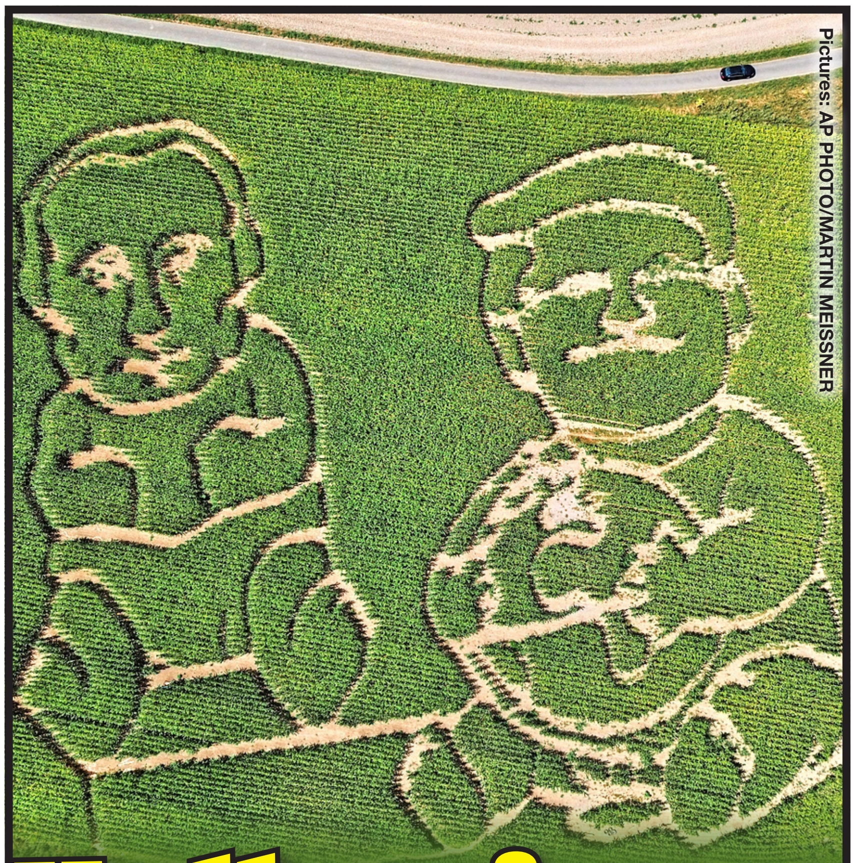
To redeem this offer just scan the QR code, and enter the promotional code **Ebor26**. The offer is valid until 23:59pm on Sunday, August 9, 2026.

Scan Me

York RACECOURSE EST. 1731

Terms and conditions: Maximum five tickets per person. The half price tickets are not for resale. The offer is only valid on new bookings only. It is valid for Grandstand & Paddock admission on Thursday 20 August, 2026 only. The offer is not valid in conjunction with any other offer. The offer is valid to claim until 11:59pm on Sunday, August 9, 2026.

DAILY STAR



Pictures: AP PHOTO/MARTIN MEISSNER

Hellmaizers

★ MAD Vlad Putin throws a sulk as smug Donald Trump grasps on to the Earth in a hilarious maize field artwork.

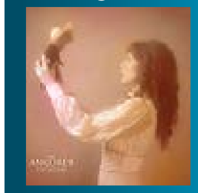
★ The madcap Russia and US leaders are depicted as big babies in the creation at Luenemann farm in Selm, Germany.

★ Farmer Benedikt Luenemann made them using GPS and a giant mower.

LISTEN UP: NEW ALBUMS

THE ANCHORESS / As We Once Were
★★★★☆

INDIE firebrand **The Anchoress** – Welsh artist **Catherine Anne Davies** – isn't afraid to tackle subjects most pop stars avoid.



We get catchy rallying cries on parenting clichés (I Had A Baby Not A Lobotomy) and melancholy (Happiness Don't Show Up Like It Should). There's something alluring about As We Once Were, the kind of indie/pop crossover album to have made a "best of the decade" list in the old days.

JOHN CARPENTER / CATHEDRAL
★★★★☆

THE films may have dried up lately but the horror supremo continues to deliver evocative imaginary soundtracks.

Created with his son **Cody Carpenter** and guitarist **Daniel Davies,** eerie themes Primeval and Elevator are some of the most aggressive of Carpenter's career. Then there are themes like The Ferryman where the synths echo mid-period Depeche Mode. And prepare to be spooked on Desolation In The Underworld.

ROLE MODEL/ Chuck Timely & The Hourglass ★★★☆☆

AS if one alter ego wasn't enough for **Tucker Harrington Pillsbury** he's now invented **Chuck Timely,** a time traveller to visit past musical eras with.

CHUCK TIMELY

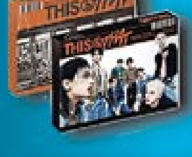
There's High Hopes 3000, which resembles mid-period **Steely Dan,** while a more classic rock'n'roll sound drives Joy.

The quality songwriting on the likes of the **Tom Petty**-ish Service Receipt suggests this is the project that could make Role, or Chuck, an all-time great copycat.

STRAY KIDS / This and That
★★☆☆☆

AT the more bombastic end of the K-pop spectrum, anything goes in the **Stray Kids** world.

Run It is borderline ridiculous, hinting at the Rocky theme with an auto-tuned football chant chucked in. Then there's odd techno pop cut Farming.



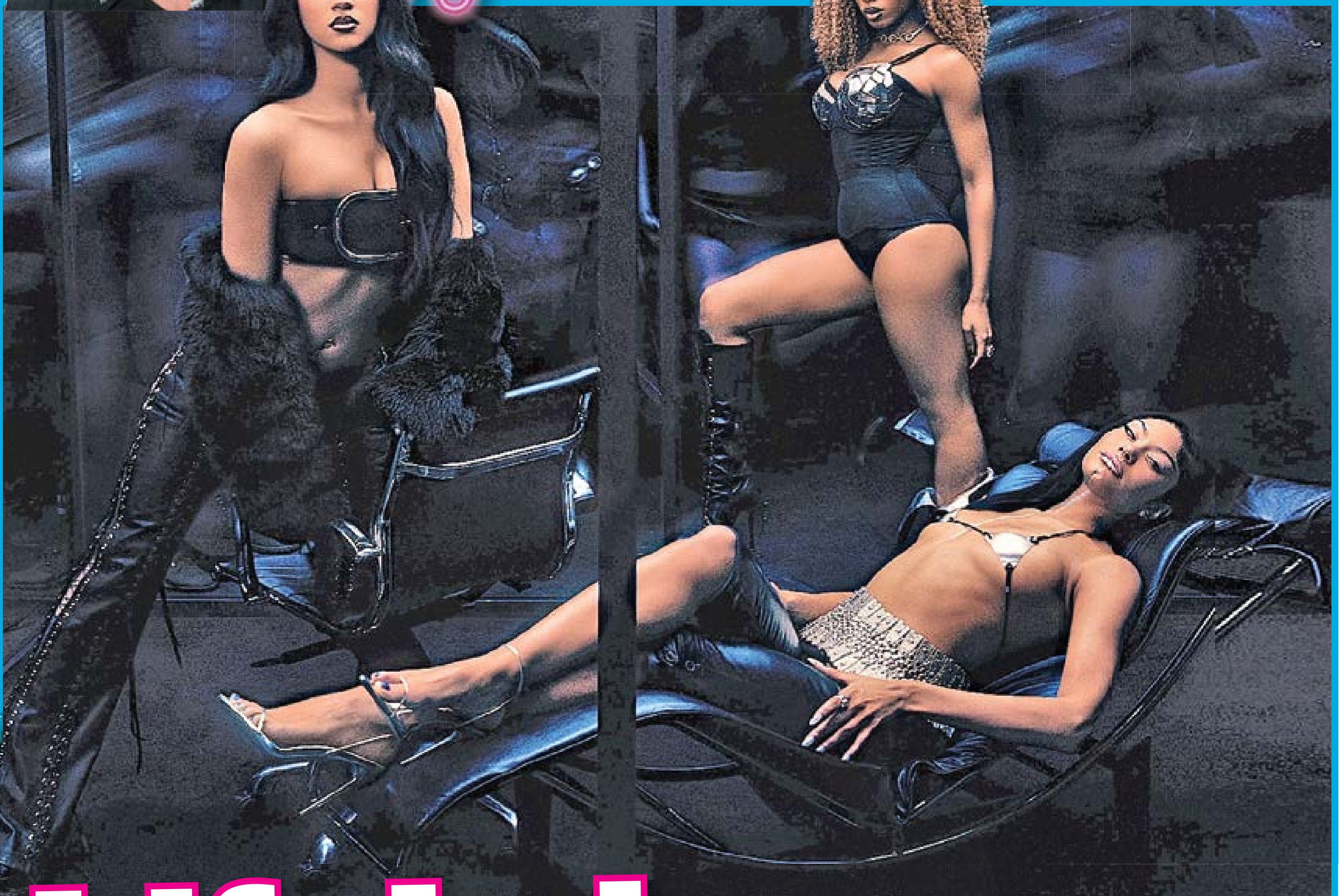
The music has grand ideals to promote strength and the "balance of sweet and sour". We're all different – we get it.

JAMES CABOOTER'S

WIRED

Stream this week

- Madonna & Kylie / Love Sensation
- Linkin Park / Unshatter (live)
- Brooke Combe / Love Was Made Of Stone
- Tommy Lefroy / Thief
- TV For Cats / Talking About It
- Ellie Goulding / Ravers



Life's lessons Flo from club

BAND HEAL ON THE DANCEFLOOR

NIGHTCLUBS might be closing fast but for UK trio Flo they remain essential places to let loose and improve young people's mental health.

Therapy At The Club – the new album from **Stella Quaresma**, **Renée Downer** and **Jorja Douglas** – is a concept record that reimagines the nightlife scene as a therapeutic sanctuary for release, confession and emotional healing.

Stella told Elle magazine: "I think all girls know it's much deeper than just going to the club. There's so many parts of it. The getting ready is basically the most fun part. The feeling when a song that all your girls know comes on and one song will get you through something and then the next song will be like, 'Oh my God, should we just all cry?'

"Maybe there's a guy or someone who broke your heart [shows up] – you know what I mean? And then you're finding out tea [gossip] from a girl you don't even know.

"There's so much to talk about and that's also why that title was so fun for us because there's so much that we could say, but there was a stimulus for us to work from. The club is multifaceted."

Bandmate Renée believes leaving your inhibitions behind is the key to finding happiness: "I feel like it's about the company. The times that I've been out with Jorja and Stella, all my friends, have been actually fun or important.

And going clubbing can be insightful for everyone, reckons Jorja: "I feel like I learn a lot about myself and what's actually going on in my mind because I verbalise it in the club. And then also I learn lots about my partner. I learn lots about my friends. It's very insightful."

Stella agrees: "It's honestly so true. I'll be next to my boyfriend and he'll say something and I'll be like, 'Wow, that would have been nice to know six months ago.'"

Now seven years into their career, Flo are making waves on both sides of the Atlantic. They are just one of many British success stories leaving a mark – from **Raye**, left, to **Charli xcx**.

"The Brits are coming for everyone," warned Renée. "It's just such a great time to be a part of it. I think that there's a lot of talent in the UK."

GOT A STORY? Call us on 020 8612 7453 or email james.cabooter@dailystar.co.uk

ROADIE ON

CLOSE: Jimi and Eric hang out and, main picture, arrive at London Airport in 1970

HE'S been a fixer, babysitter, nurse maid, bodyguard, alibi and, most importantly, a friend to some of the biggest stars in pop music.

Eric Barrett was a roadie turned tour manager who spent nearly five decades working with everyone from The Beatles to Madonna.

The roll call of musicians he toured with is unparalleled: David Bowie, Cat Stevens, Billy Idol, George Michael, Luther Vandross, James Taylor, Linda Ronstadt, Carole King and Aerosmith (on his final tour).

Still, there's one star who the Glaswegian believes stands on the shoulders of these celebrity giants. "No matter what I did afterward, or who I worked for, I'll forever be known as Jimi Hendrix's roadie," he says.

by KAREN ROCKETT

Eric, who is about to turn 80, offers a fascinating account of what it is like to live in a rock star's orbit in his memoir Experienced: On The Road With Jim Hendrix And Beyond, published this week.

"I was in my early 20s when I worked for Jimi and we were only together for three years until he died," he says quietly from his home in Santa Monica, California, where he lives with wife Michelle. "I still count that as one of the very worst moments of my life."

Eric, himself only 24 at the time, was naturally devastated by Jimi's untimely death.

"He wasn't just my boss and possibly the greatest musician I ever worked with, he was my friend," he says.

A grief-stricken Eric later overdosed on the prescriptive sedative Mandrax.

"I had my own near-miss," he admits today. "It could have happened to any of us in Jimi's group of friends. That it happened to Jimi himself was heartbreaking."

Eric has remained largely silent for 55 years about that time until now. But he confesses that in the few interviews he gave after Hendrix's death, he lied about the star's drug taking. "I didn't want his memory tarnished in any way," he explains.

Jimi's drummer Mitch Mitchell later gave Hendrix's treasured Gibson Flying V guitar to Eric. "That went everywhere with me, stored under the bed of every apartment I ever lived in," says Eric.

He swore never to sell it, only reneging on his promise to pay for an expensive divorce and the upbringing of his two children. The guitar later sold for $100,000 – five times what Eric sold it for – and is currently displayed in the Hard Rock Cafe in London.

Eric says the dining chain bought it for $1million. "I should never have sold it," he sighs today, "but at the time I really needed the money."

Ironically it was Hendrix's death that forced Eric back on the road and led to his extraordinarily successful career, initially as a lighting director for US singer-songwriter James Taylor before he became tour manager for David Bowie among others.

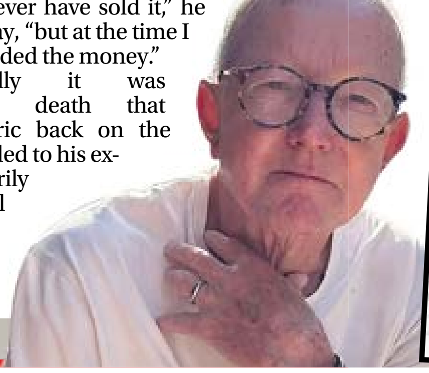
In the 80s, he started working for an upcoming new singer who was to become the new Queen of Pop: Madonna.

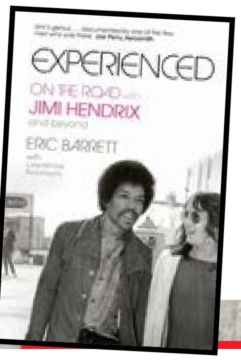
"She worked incredibly hard but was also incredibly demanding," he recalls. "All I would hear all day was, 'ERIC, ERIC, ERIC' but she thoroughly deserves her success."

Some 40 years after Hendrix died, having travelled the world and worked in every major music venue, Eric felt it was finally time to hang up his backstage pass. "I'd been drinking buddies with some of the wild men of rock," he writes in his book. "I'd woken up next to groupies, models and musicians and I'd done more cocaine and amphetamines than my body could handle.

"So I retired," he says. "But like any old rock'n'roller the urge to put on one more show never fully left me." A wistful smile forms. "And I would've given anything for the phone to magically ring with Jimi Hendrix on the line, asking me to do it all one last time."

● ***Experienced by Eric Barrett with Lawrence Robinson (Sphere, £25) is out now.***





WIN A FREE GREGGS LUNCH FOR A YEAR!

25 Prizes up for grabs
GREGGS
GREGGS

Your Daily Star and Greggs are celebrating Quicnic season by giving readers the chance to win lunch for a year. We've got 25 prizes up for grabs with our yummy competition.

We're well and truly in heatwave season so Greggs have introduced a deal for when a full blown picnic is too much– the Quicknic. A cold baguette and savoury roll from £4.75 and only available in shops based on a scientific formula that calculates when conditions are right for a 'Quicknic', a quick picnic, for people who want to escape their desks without the hampers, blankets or military planning.

Faff free + freshly prepared baguette + freshly baked roll = a lunchtime win.

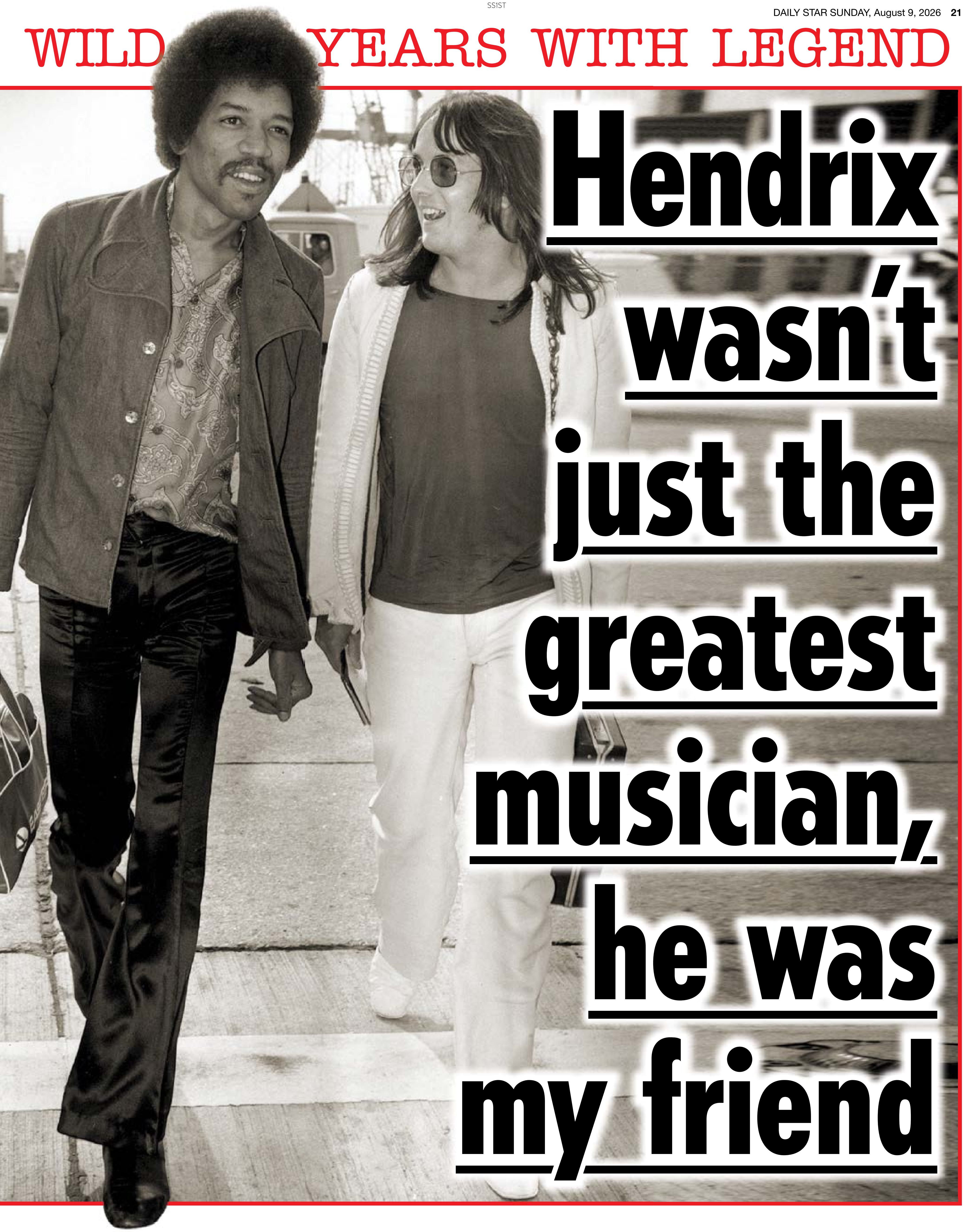
Choose from a selection of freshly made baguettes including Chicken Club, Ham and Cheese partnered with a good old Sausage Roll, Vegan Roll (Pork Free) or Chicken Roll. You'll be full up and ready to take on the afternoon.

Greggs aren't stopping there though. If you can't get enough of Greggs baguettes and Sausage Rolls, don't worry, they're committed to celebrating their lunch deals all year round. They're giving 25 Daily Star readers the chance to win free lunch for a year at Greggs. As well as entering for your chance to win, make sure you're following Greggs on socials and download the Greggs app so you don't miss out on the Quicknic deal in your area in August.

HOW TO ENTER

Simply scan the QR code or visit **www.dailystar.co.uk/greggs** The competition closes at 23:45 on Sunday August 16, 2026

Terms and conditions apply.
See www.dailystar.co.uk/greggs for details.



Hendrix wasn't just the greatest musician, he was my friend

BUY THIS

BOSCH SERIES 2 SMV2HTX02G WIFI CONNECTED FULLY INTEGRATED FULL SIZE DISHWASHER

MAKE washing dirty dishes a thing of the past with this high-tech dishwasher.

This bit of kit will clean and dry those dishes in a jiffy when you're facing a mountain of washing-up.

There's a Silence On Demand feature so it keeps noise to a minimum when you're watching your fave shows and films.

It's designed with a Heat Exchanger drying function that helps get rid of moisture with warmth from the wash, for cupboard-ready glasses and cutlery every time.

There's also an Extra Dry option that dries your dishes thoroughly by using a higher temperature during the rinse cycle and a longer drying phase – with just one push of a button.

This machine has loads of programs to suit your needs plus save water and energy.

And you can even set it to work remotely with the Home Connect app from the comfort of your smartphone.

£429, ao.com

Salad's the pits

BRITAIN'S abandoned coal mines could be transformed into giant underground salad farms.

Experts believe they could keep shelves stocked as heatwaves and floods wreak havoc above ground.

A trial is taking place 0.6 miles below the surface at Boulby Mine near Whitby, North Yorks.

Jacob Nickles from the University of Sheffield said: "If successful, we may be able to make use of the thousands of disused mine sites across the UK."

STAR TRAVEL

just go holidays

HAYLING ISLAND

COUNTRY MUSIC BREAK

5 days from only £459pp

Departs 19 October 2026

Howdy folks! Slide on your cowboy boots and put on your best Western belt buckle because it's time to tap your toes to some country music beats at the Warner Lakeside Coastal Village on our JG Travel Group exclusive break! Enjoy a slice of Americana every night with country music entertainment and daytime activities at Hayling Island's popular resort. You'll be assured a fun-filled, foot-stomping few days and have time to enjoy the excursions to the charming cities of Chichester and Portsmouth too, all included in this brilliant five-day getaway!

So much included...

- Return coach travel & ferry crossings
- 4 nights at the 3★ Warner Lakeside Coastal Village, Hayling Island with dinner & breakfast
- Live country music entertainment every evening
- Daytime activities in resort
- Excursions to Chichester & Portsmouth

Optional excursion to Bournemouth & New Forest (£14pp)

DUXFORD

BATTLE OF BRITAIN AIR SHOW & CLASSIC CAMBRIDGE

2 days from only £209pp

Departs 12 September 2026

Experience history in the skies at the Battle of Britain Air Show at Duxford, where dozens of beautifully restored historic aircraft take to the air in a thrilling tribute to the heroes of the Second World War. Explore the Operations Room, where daring missions were planned and tour the restoration hangar, where engineers bring classic aircraft back to life. With over 200 planes, tanks and boats, the Imperial War Museum Duxford offers a fascinating journey through Britain's military past.

So much included...

- Return coach travel
- Overnight stay at a selected 3 or 4★ hotel with dinner & breakfast
- Admission to the Duxford Battle of Britain Air Show with coach transfer
- En-route visit to Cambridge

Call **03332 342 503** Visit **justgoholidays.com/star** Quote **STAR**

All coach package holidays are operated by and subject to Just Go! Holidays terms & conditions (available at justgoholidays.com). Your booking is protected by BCH and ABTOT. Prices are per person, based on 2 adults sharing and subject to availability. Pick-up & room supplements may apply. Prices correct at time of print, valid for 7 days.

★★★★★ Trustpilot

ABTOT

WINNER MEDIUM BRITISH TRAVEL AWARDS 2025

SILVER MEDIUM BRITISH TRAVEL AWARDS 2025

QUESTIONS OVER 'Ring

FIGHT NIGHT: Competitors square up in white-collar boxing match

by OSCAR PICK

BOXING is a sport that has always come with a "bad boy" reputation.

But despite the dangers associated with it, there is a sub-genre of the sport known as white-collar boxing.

It takes ordinary people, often with little to no experience in combat, and trains them to fight.

Contestants fight over short distances, with head guards and large gloves, making it appear safer than professional and amateur boxing.

But the statistics suggest otherwise.

From 2017 to 2025, four people have lost their lives in British white-collar boxing events and training camps.

Just three men's deaths can be directly linked to British professional boxing participation during the same eight years, while in amateur boxing there was just one.

All four white-collar boxing fatalities have been linked to one promotion – Ultra White Collar Boxing.

Alastair Peck was found dead at home two days after a UWCB fight in Harrogate in March 2017.

Coroner Robert Turnbull ruled he died from a head injury inflicted in his boxing match, adding that a pre-existing head injury, which the coroner believed was incurred during sparring, made him "vulnerable".

A UWCB spokesperson previously said that "prior to his fight, Alastair did not disclose he had suffered any head injury and confirmed he was not aware of any reason why he could not fight".

They added: "Participants are not allowed to fight if they have had a head injury and are required to advise if they have had such an injury."

In April 2022, Dominic Chapman, left, died two days after taking what a consultant neurological surgeon described at the inquest as a "catastrophic" punch to the head during his UWCB bout in Worcester.

Jubal Reji Kurian died four days after his UWCB match in Nottingham in March 2023, having suffered a bleed on the brain. And in October 2025, Owen Henderson died after collapsing during a UWCB training session in Peterborough.

He underwent emergency brain surgery following his collapse, but died a week later.

Inquests into the first three tragedies concluded they were accidental, while an inquest into Owen's death has been

WHITE-COLLAR BOXING AFTER 4 DIE IN 8 YEARS

the changes'

SUBSCRIBE TO BOXING NEWS HERE

TRADING BLOWS: Action from white collar boxing bouts

Pictures: CORBIS VIA GETTY IMAGES

opened and adjourned. Despite four tragedies linked to its brand, UWCB still boasted on its website of a "gold standard" in safety.

Only by getting involved myself could I assess this self-awarded claim.

So I contacted the fathers of Dominic and Owen – and signed up for a UWCB fight at Bournemouth International Centre on March 21.

A meeting in January mapped out UWCB's aim to transform Joe Bloggs into a fighter.

The UWCB Training Workbook states participants do not "effectively start sparring" until week five.

But it's suggested earlier sessions could involve some contact through drills in week three.

By week six, the workbook limits participants to "light and technical body sparring", while "open sparring" begins in week seven.

How Owen endured a brain bleed in week four is for the coroner to determine, but when asked to provide a comment on UWCB's sparring protocol, a spokesperson said: "Open sparring is not introduced until week five. Prior to this, some technical drills involving gloves and head guards take place. This does not constitute open sparring."

Of Henderson, the spokesperson added: "Owen was involved in light, technical jab sparring prior to the incident."

But my own experience preparing for the Bournemouth event contradicted the workbook and the spokesman's comment.

The coach argued it was important to gain in-ring experience prior to entering a full-contact boxing match, but it's hard to imagine a beginner, with no form of defence, partaking in sparring.

Dr Neil Scott, a former British Boxing Board of Control chief medical officer, said: "I think it's dangerous," when commenting on the general idea of beginners sparring, rather than the particulars of the UWCB programme.

On the medical side, all I had to do was self-declare my good health via an online questionnaire, with yes/no responses to questions about blood pressure, bone or joint problems, asthma or head injuries, and so on.

In contrast, amateur boxers complete a physical examination by an official governing body before sparring for the first time. Professional fighters must undergo annual brain scans, plus pre- and post-fight medical checks.

At the beginning of week two, we'd barely been shown how to throw a jab before the coach reiterated the importance of sparring.

When asked to comment on the apparent contradiction between the workbook's schedule and what I had experienced, the UWCB spokesperson said they had "discussed the specifics of this" with the coach to "ensure our guidelines were followed".

They added: "He has confirmed you did not start open sparring until week five. The sessions in earlier weeks were all technical."

The night of my final-week fight at Bournemouth International Centre, I was told my opponent had left the venue. It was suggested I fight the opponent of another participant who had failed his medical. But he outweighed me by 8kg.

According to the UWCB Training Workbook, any bout exceeding a 7kg weight difference "must be referred to HQ for approval".

This approval is only sought if both boxers agree, but I decided against fighting someone three official weight divisions bigger than me.

The UWCB spokesperson explained the weight-difference policy: "Weight is just one factor in determining a fair fight and there are instances where it is reasonable to have larger weight differences."

While unregulated, white-collar boxing is legal, the scrutiny of UWCB in the wake of the four deaths might mean change is afoot.

At the inquest after Dominic's passing, coroner David Reid said action "should be taken to prevent future deaths".

In response to the coroner, the Department for Culture Media and Sport outlined how changes in legislation could improve the situation.

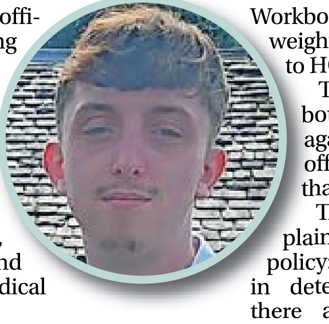
A consultation occurred in 2025 involving the British Boxing Board of Control, which governs pro boxing in the UK, and England Boxing, which oversees the amateur code.

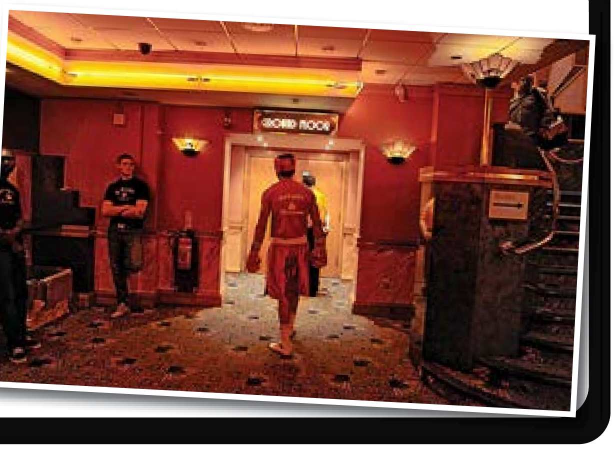
There is an ongoing process to ensure greater safety for white-collar participants, with a goal to integrate them into the amateur system.

BBB of C general secretary Robert Smith told Boxing News: "We're looking to make it so that any white-collar boxing competitor has to be affiliated with at least an amateur club."

● ***Subscribe to Boxing News every month by visiting boxingnewsonline.net.***

PROBE: Writer Oscar and, inset above right, Owen





STAGE MUSICAL: Chaka

AIN'T NOBODY PROUD AS ME!

■ **by JOHN WARD**

CHAKA Khan admits she is overwhelmed about her life story being turned into a musical.

I'm Every Woman, which has opened in London, charts her stellar music career and successful battle with drug addiction.

The Ain't Nobody singer said: "I am truly honoured and deeply proud to see my life and music brought to the stage.

"Music has been my journey, my voice and my truth. To watch it reimagined through the power of theatre is something very special."

She is played by former X Factor champion Alexandra Burke.

Chaka, 73, added: "I've always had a deep respect for the stage and for the performers who bring stories to life night after knight.

"I know first hand the passion discipline and heart that lives in every performance."

SUMMER. GARDEN

Reader Offer in partnership with **Yimbly.com**

GARDENING MADE EASIER

Save 18%
Now £26.99 was £32.99
Scan to order online
Garden Gear

Make everyday gardening easier with this rotating garden seat and tool store, designed to help you work more comfortably while keeping essential tools close at hand. The 360° swivel seat rotates smoothly, while four wheels allow you to move easily between tasks without constantly standing up or repositioning.

Ideal for weeding, planting, edging lawns, and other low-level jobs, it helps reduce the need to kneel or bend for long periods. The integrated tool store keeps hand tools within easy reach, while the durable plastic construction supports up to 80kg. Also perfect for DIY, cleaning, and other jobs around the home.

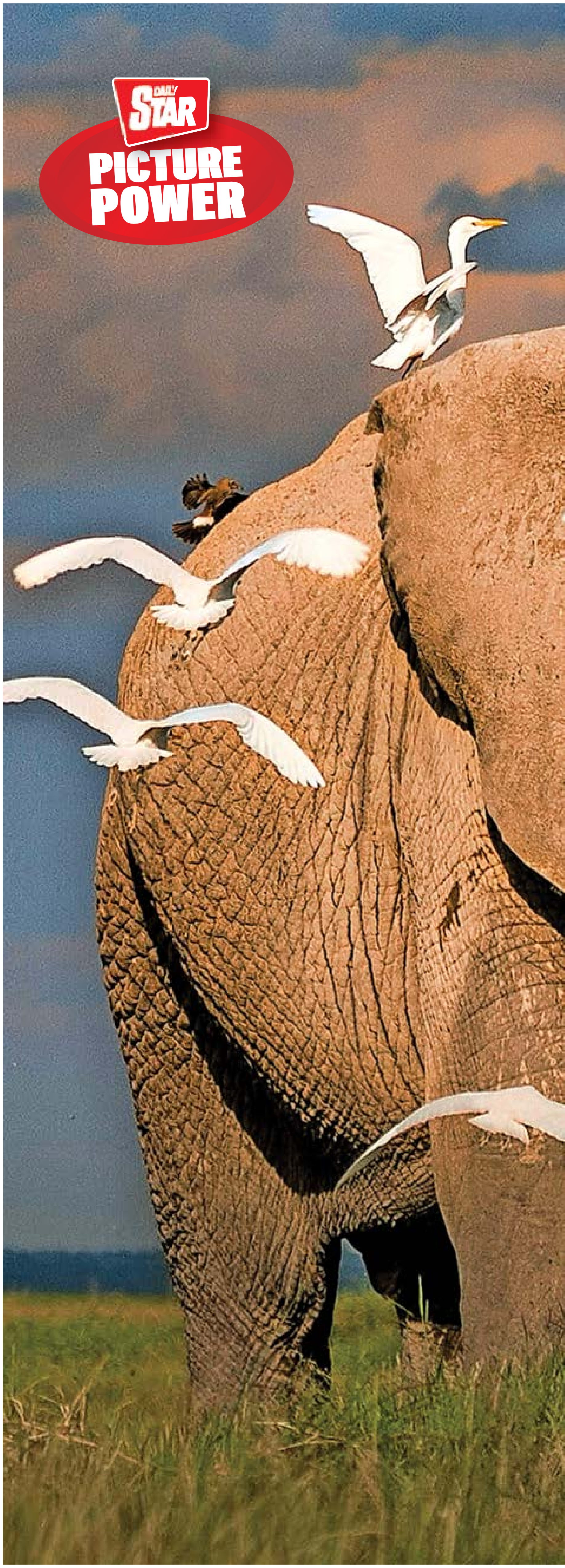
- ✓ Ideal for storing small garden tools
- ✓ 360-degree swivel seat
- ✓ Maximum weight: 80kg
- ✓ Size: H30 x W31 x L52cm

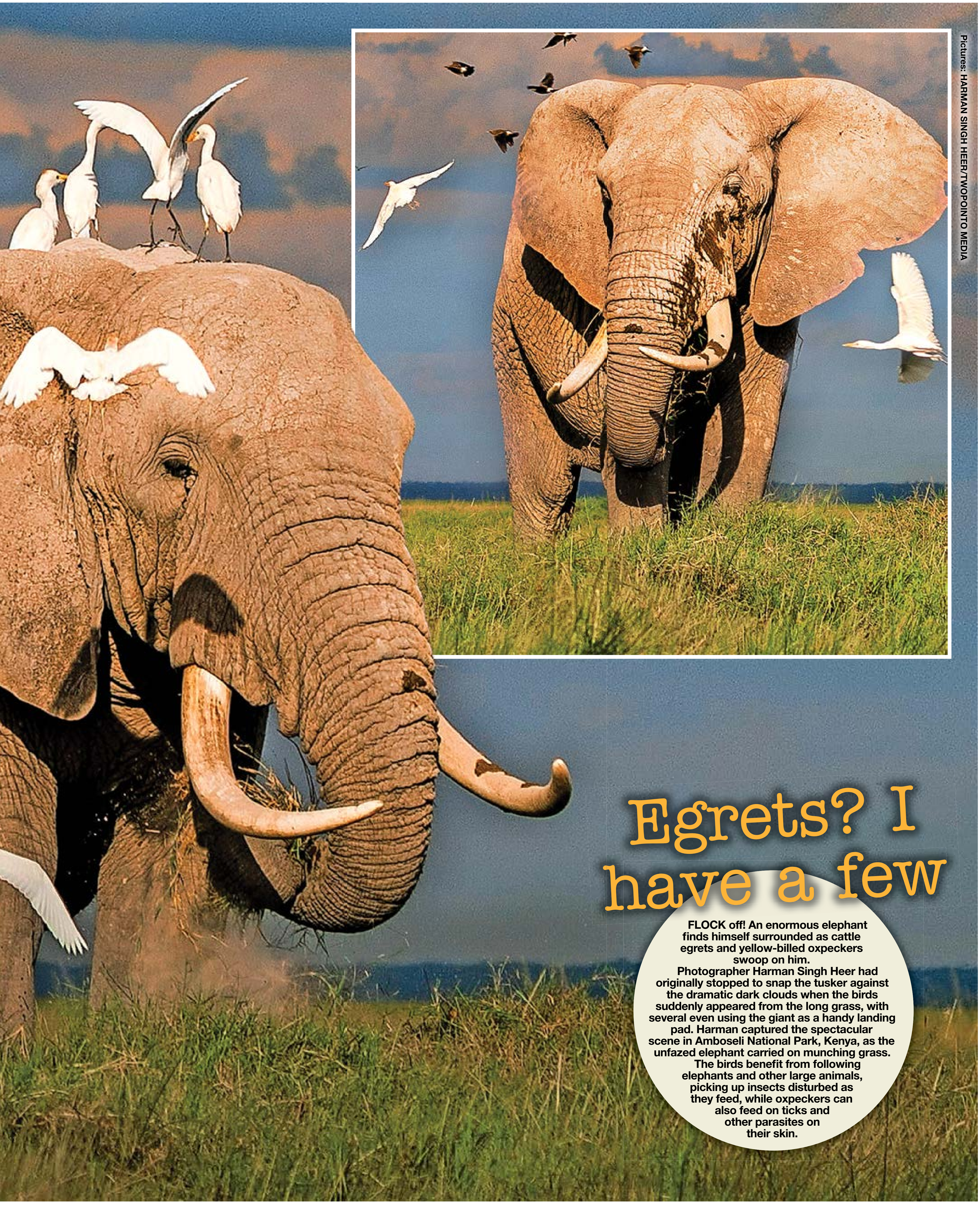
yimbly.com/Offer3 Quote **Offer3** Offer ends 1st September

☎ **UK Customer Service** 0161 444 9879 | **Now Open 7 Days a Week**

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

★ Trustpilot ★★★★★





Pictures: HARMAN SINGH HEER/TWOPOINTO MEDIA

Egrets? I have a few

FLOCK off! An enormous elephant finds himself surrounded as cattle egrets and yellow-billed oxpeckers swoop on him.

Photographer Harman Singh Heer had originally stopped to snap the tusker against the dramatic dark clouds when the birds suddenly appeared from the long grass, with several even using the giant as a handy landing pad. Harman captured the spectacular scene in Amboseli National Park, Kenya, as the unfazed elephant carried on munching grass.

The birds benefit from following elephants and other large animals, picking up insects disturbed as they feed, while oxpeckers can also feed on ticks and other parasites on their skin.

ON SALE
NOW

AVAILABLE AT
ok.co.uk/ariana
Online purchase price excludes P&P. See website for details.

ARIANA
GRANDE
OK!
THE ETERNAL SUNSHINE TOUR SPECIAL

FREE FOOTBALL FIXTURES MAGAZINE
PICK UP ONLY AT TESCO

A NEW season of football is almost here!

The 2026/27 Premier League season will officially begin on Saturday August 22, one week later than usual to allow players recovery time following the 2026 FIFA World Cup. To celebrate, we're bringing you this 24 page magazine packed with every game of the 26/27 season so you have all the footy fixtures you need at your fingertips - all year long!

So don't miss out! Pick up your 24 page football fixtures magazine today, only in Tesco stores.

HOW TO CLAIM

Take the below voucher to the customer service kiosk in larger Tesco stores, or the tills in Tesco Express stores.

This offer excludes Northern Ireland and ROI. See voucher for full terms and conditions. Subject to availability, while stocks last.

INCLUDES ALL 92 PREMIER LEAGUE AND EFL CLUBS
ESSENTIAL 2026-27
FOOTBALL FIXTURES
All the dates you need ahead of an epic season
RICE & SHINE
Declan Rice and his Arsenal team-mates celebrate winning the Premier League

FREE FOOTBALL FIXTURES MAG AT TESCO

Valid until store close on Tuesday August 11, 2026

To reader: To claim your free football fixtures 2026/27 magazine, take this voucher to your nearest Tesco or Tesco Express store. Magazines should be redeemed at the customer service kiosk in larger Tesco stores, or at the checkout tills in Tesco Express stores. Offer valid in England, Scotland and Wales from Saturday August 8 until Tuesday August 11, 2026, subject to availability in store while stocks last. Photocopies of this voucher or vouchers which have been tampered with will not be accepted. One voucher per person. For any queries, or if your local Tesco has run out of magazines, contact reach@webfulfilment.com with the subject header Football Fixtures Magazine.

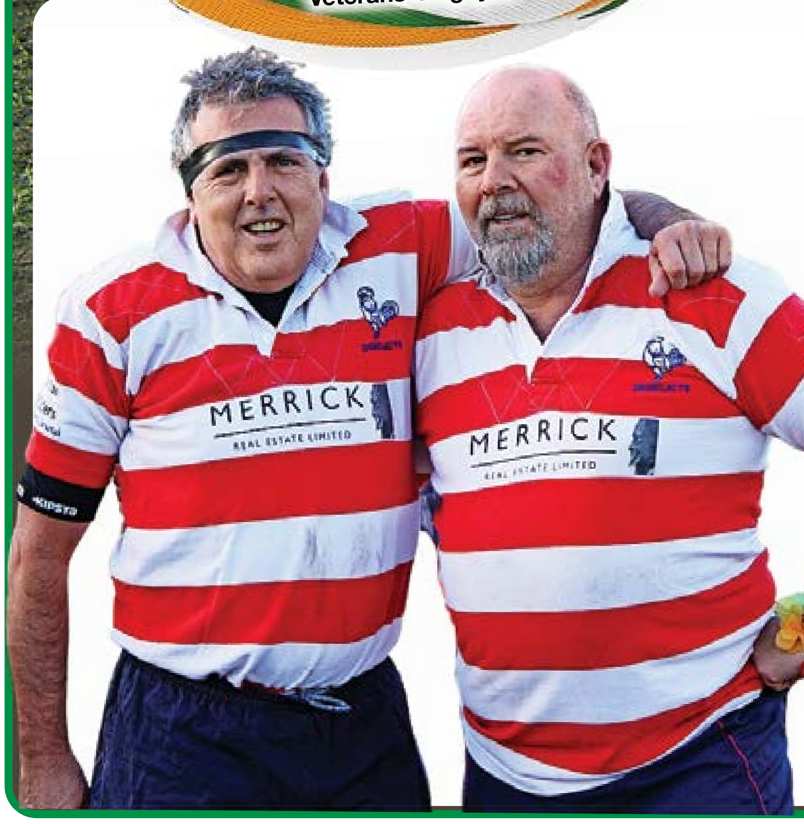
To the retailer: Please accept this original voucher for a free promotional 2026/27 football fixtures magazine. Please use the football fixtures magazines that have been delivered specifically to your store by News Wholesale.

TRY NOT TO LAUGH...

It's m
bar th

AS every sports fan knows, it's not just about the game. And in the world of veterans' rugby, the highs, lows and boozy escapades of the players can be almost as entertaining as the matches themselves.

Just ask debut author Paul Mosley, a former Daily Star headline writer, who took inspiration from his time at Dorking RFC for his book of short stories. He tells **MEG JORSH** about The Derelicts: The Heart And Art Of Veterans' Rugby...



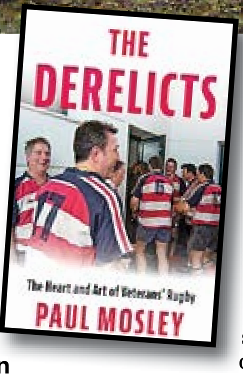
GERBIL
condimen
pizzas, a
cayenne
Dabbing
and suckin
Look... I ca
it's not got
He then
clear nor a
the top o
swallo
the
a

b
fro
right
anus –
It might
a new book
by. "It was a

HILARIOUS FUN & GAMES OF VETERANS' RUGBY

aul over
e outings

KNOCKING ON: The Derelicts. Above, cheeky tour pic, and inset below left, ex-Star man Paul, right, with teammate



spied the fiery red nt, intended to perk up and declared: "This pepper must be old." his finger into the pot ng it, he boasted, "See! an hardly taste it and t much of a kick." , for reasons neither advisable, unscrewed completely and owed the thick end of jar. Minutes passed. Then larm began to register in his red-rimmed, wandering eyes.

The Italian waiter stifled a snort and shook his head, laughing. "Molto caldo, malto caldo," he said gently, as if speaking to a child, meaning 'very hot' – when, in fact, he meant 'e troppo caldo' meaning 'too hot'. In fact, far too hot for Gerbil, who realised with mounting dismay that his fate had een sealed. He would be cooked m within – from his oesophagus t through to his now quivering – for several days to come...

be hard to imagine, but this story is from k about rugby. The glory of veterans' rugabout this time," says author Paul Mosley, "that I realised writing match reports about our vets' rugby team was rather less entertaining than the rich antics of the players themselves."

The inspiration for the tale came from a boozy end-of-season tour to Venice, when his team were staying on the virtually deserted Lido di Jesolo. They had just overrun a sleepy trattoria.

The manager was struggling to deal with the flood of orders for pizza and beer, when some of the players started to make their own entertainment. Including a man nicknamed Gerbil, who foolishly got distracted.

First, he complained the local Italian wine was too weak, then he fixated on the cayenne pepper pot.

It's just one of the funny stories in the highly entertaining The Derelicts: The Heart And Art Of Veterans' Rugby. "It's not so often you come across fictional tales written about rugby, let alone social rugby," says Mosley, a now retired prop forward.

"But the feedback from players young and old – and in fact further afield – has been heartening.

"I think a lot of people are more than ready for a few laughs. Rugby, certainly social rugby, lends itself to humour."

His hilarious collection is loosely built around the Dorking RFC veterans' side he once played for in Surrey, during several seasons of sweaty and deluded endeavour. Players are typically aged over 35, but many carry on into their 40s, 50s and even 60s. It's packed with plenty of laughs, alongside embellished memories of characters, tours and rugby-related humour. Readers enjoy Mosley's relatable descriptions of teammates, like "half man half Guinness" and "a medical curiosity".

He adds: "It should strike a chord with anyone who's played or watched vets' rugby, in all its valiant and comic glory. Or indeed anyone who's participated in team sports. Nobody took themselves too seriously, but we always gave our all on the pitch and win or lose, we forged lifelong friendships, which is what the best sport is surely all about."

Paul spent 35 years working behind the scenes at the Daily Star, before his retirement in early 2024. But you get the impression rugby union was always his first love.

He adds: "The best fun I had was when I was long past my best, as a player turning out for the vets, so The Derelicts is my love letter to the social side of the game. Hopefully it is a small insight into that enjoyment of a wonderful sport."

And the stories themselves – are they true? Did a fully grown man really down that cayenne pepper and live to tell the tale?

"They are all based on what the team got up to, but I admit that one offers a particular, er, piquancy, does it not?" Mosley says. "And, yes, it is true."

● ***The Derelicts: The Heart And Art Of Veterans' Rugby, published by Troubador, is available online in paperback for £10.99 from Waterstones and Amazon, with a Kindle edition at £4.99.***

GARDENING TIME TO DIG IN

With **DIARMUID GAVIN**

Hot summer pause to plan a future show

With the drought changing the rhythm of all our gardens, there is time to decide what comes next

One of the strange things about making TV is that months of work can come to an abrupt halt. For weeks, sometimes months, life becomes consumed by filming schedules, journeys, locations and deadlines. Then, suddenly, it all stops.

That was the case last week as filming ended on the latest Greatest Gardens. Throughout the series, Carol Klein and I travelled around the country, visiting and judging remarkable gardens. For the final programme there was an unexpected twist. I was to visit Carol's famous garden in Devon, familiar to generations of viewers of Gardeners' World, and Carol was to visit my garden in County Wicklow.

On Instagram, my garden generally looks good. I know which views to concentrate on and, more importantly, which bits to leave out.

The truth, however, was rather different.

Much of the lower half of the garden had been abandoned. Trees and shrubs planted during another period of intensive filming had been left to fend for themselves. The larger plants were thriving, but nettles had moved in, brambles had spread and bamboo, which I scarcely remember planting, had sprung up all over the place. Paths disappeared and whole sections became almost impenetrable.

Fortunately, some friends came to the rescue while I was away, clearing mountains of growth before Carol and the crew arrived. I did suggest that perhaps the lower half of the garden might be left unexplored. The director was wonderfully understanding, and the cameras concentrated on the more flattering views while I hid behind trees and Carol said some kind things.

GREATEST JUDGES *Carol Klein and Diarmuid*

Once filming ended, the guilt crept in. I realised something else had happened while I was away. The weather had changed everything. Earlier in the year we had endless rain. More recently, hardly a drop has fallen. There is now a hosepipe ban, lawns have turned brown and many trees have begun shedding leaves to conserve moisture.

UNEXPECTED BENEFITS

In my garden, birches, alders and maples are showing signs of stress. My beloved tree ferns have suffered. Their crowns remain healthy, but their fronds have struggled in the hot, dry air. Yet there has been an unexpected benefit. There is something rather strange that happens during a prolonged drought. The whole rhythm of the garden changes. Growth slows almost to a standstill. Weeds stop racing ahead.

The endless cycle of staking, trimming, pruning and mowing is interrupted. In some ways, midsummer begins to resemble mid-winter. And that gives me an opportunity.

For the past week, I have spent my days cutting, clearing, lifting and rediscovering parts of the garden I had almost forgotten existed, Halfway down, a magnificent Cornus controversa had gradually lowered its branches until they obscured the view beyond. Once I lifted the crown, two palms growing on different levels of the garden reappeared.

At the far end of the garden, a silver birch had begun to overwhelm a Tetrapanax papyrifer. Starved of light, it had become distorted as it reached desperately towards the sun. Elsewhere old bay topiaries that once appeared at Chelsea have been reshaped, a magnificent weeping aspen has been carefully thinned and old griselinia hedges have been transformed into elegant evergreen trees.

Ordinarily nature rushes in to reclaim every inch of bare soil. Clear one patch and another immediately demands attention. But not now. Time itself seems to have slowed. I can stand back, consider the possibilities and decide what the garden wants to become next.

Over the coming months, I will gather 20 plants I've ogled for a long time. I know that autumnal rain will eventually arrive and growth will begin again. The garden will wake from its summer pause but for the moment I have the luxury of time.

Perhaps that is the great gift of a midsummer drought – the pause it creates. In that stillness, we begin to see things afresh.

Reader Offer in partnership with Yimbly.com

Now
£119.99
was £159.99
Save
25%
Scan to order online
GREENPAN

COOK TWO MEALS AT ONCE

Cooking for family and friends is simple with the GreenPan Switch Dual Air Fryer. Two 5-litre baskets cook two dishes at once, so the main and all the sides land on the table together. Set both baskets to finish at the same moment, or run the same setting across both for one generous batch. The extra-large 10-litre total capacity handles family meals and larger get-togethers without a second thought. One-touch presets choose the right setting for you, and a built-in timer lets you set the finish time to suit your day.

The removable drawer and tray lift straight out, so the washing up afterwards is done in moments.

- ✓ Dual cooking - cook two dishes at once
- ✓ Extra-large 10-litre capacity
- ✓ One-touch presets
- ✓ Timer settings
- ✓ Removable, easy-clean drawer and tray

yimbly.com/Offer26 Quote **Offer26** Offer ends 11th August

☎ UK Customer Service 0161 444 9879 | Now Open 7 Days a Week

VISA PayPal AMEX Pay G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

★ Trustpilot ★★★★★

FORGOTTEN CORNERS *Diarmuid gets clearing and lifting*

PLANT OF THE WEEK

Lavandula angustifolia

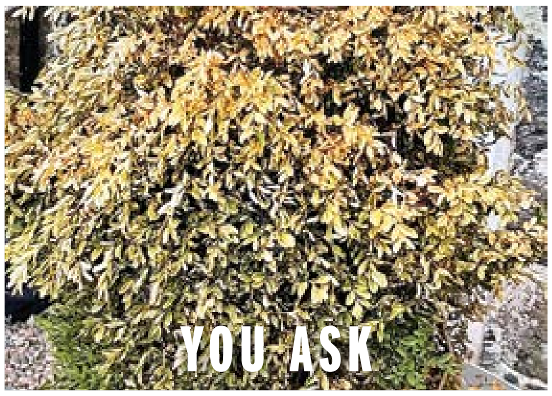
English lavender is loving this sunny, dry weather. On this one bush I counted around 20 bees working away, extracting its treasures.

Lavender is ever popular due to its fragrance and vivid purple flowers.

"Hidcote" is a great variety with very dark purple flowers. Plant in well drained soil in full sunshine and clip back this year's growth after flowering to keep a compact shaped but don't clip into old wood.

JOBS FOR THE WEEK

- Watering plants, particularly those in pots or newly planted, is your main job when it's hot and dry. Do so when it's cooler in the morning or evening as otherwise you will lose a lot of water to evaporation. Water thoroughly – a little trickle will just evaporate.
- Increase your stock of border carnations by layering. Choose a healthy side shoot that isn't flowering, bend it over without snapping the stem and peg firmly into the ground with wire. Cover the stem with soil and water in.
- Irises that are congested can be divided to improve vigour. Lift carefully to avoid damaging rhizomes and gently split apart to replant.
- Earwigs bothering your dahlias? Make traps with pots stuffed with shredded paper and remove earwigs daily.
- Prune climbing and rambling roses when they finish flowering.
- Trim conifer and evergreen hedges as a final tidy up before autumn.
- Colchicum, sternbergia and autumn crocus can be planted out as soon as they are available to buy in the garden centre.



YOU ASK

Hello Diarmuid
Could you give me advice on this boxwood? I live in an old house and transplanted it into a container. We've had a dry summer but I have watered and fed it. There are three in total but they're getting worse. Can I save them?
Jane

I don't think this is classic box blight as the damage is very uniform. The worst of it is on the upper and outer growth and there is still plenty of healthy green growth lower down.

It's more likely to be a combination of drought stress, scorching and transplant shock.

Move the plants into a slightly shadier position, stop feeding them for now, water deeply so the entire root ball is soaked and add a layer of mulch to keep the roots cool.

Light trim away the dead growth and check whether the pots have good drainage holes.

WINTER'S WILDLIFE

With **STUART WINTER**

LESSER SPOTTED *The elusive shrike*

Shrike while the iron's hot

Epic tales of an ill-starred quest for a fabled creature and heroics on tumultuous seas are carved deep in birding mythology. Birders still lament those hapless souls who set sail to cast eyes on the legendary long-tailed shrike some 25 years ago only for their boat to run adrift off the Outer Hebrides.

HM Coastguard saved the day but the shrike vanished into the ether to become a ghostly record in ornithological archives. Until…

There's more than an iota of Greek tragicomedy that in a summer when Homer's Odyssey gets a £200million Hollywood makeover, phalanxes of twitchers are again journeying for an audience with this mythical shrike.

Incredibly, not one but two have been holding court in recent weeks, so finally unbinding the curse upon those who missed the original bird on South Uist in November 2000.

Within days of a long-tailed shrike being discovered by a zoology undergraduate surveying corn buntings in Crail, Fife, early last month, came reports of another bird 400 miles away in farm country near Eastleach Martin, Gloucs.

Throughout July into August, hundreds of birders have paid tribute – by way of parking fees for conservation causes – to admire this handsome songbird in shades of dove grey and rufous, accentuated by a black bandit mask and sinister hooked bill.

Dismembering insects, lizards, small birds and mammals impaled on thorns and barbed wire is a successful adaptation for life across its vast Asiatic range.

Summers, by rights, should see the "erythronotus" subspecies of the shrike butchering prey in the tapestry of woods, parks, orchards and cultivated fields of those Central Asian states carrying the "stan" suffix and where Alexander the Great led his all-conquering army 2,300 years ago.

How a bird weighing less than two ounces can miscalculate a spring migration from Indian wintering grounds to overshoot its breeding area and arrive in the sun-baked British countryside is a conundrum for the likes of an Aristotle or Socrates to unravel.

DAILY STAR

DAILY STAR Sunday

GET YOUR PAPERS FOR £4.99 PER WEEK FOR SIX MONTHS*

dailystar.co.uk
DAILY STAR
THOUGHT FOR THE DAY
THIRD LIONS HOME
News with a wink £1.50
EX-MODEL SET TO REVEAL ALL
INSIDE TODAY £5 off £15 SPEND AT well Pharmacy
RHIAN: TRUTH ABOUT VERNON 'SEXTS'
Radio 2 DJ braces for revelations in book that publishers are fighting over
EXCLUSIVE
I WILL OUTRUN NIGE

dailystar.co.uk
DAILY STAR Sunday
THOUGHT FOR THE DAY
£5 off £15 SPEND AT well Pharmacy
News with a wink £2.50
ARGENTINIAN CREEPY CRAWLIES ARE ON RAMPAGE IN BRITAIN
Face of Ann suspect
KIDS GO FREE
ATTACK OF THE ARGIE ANTS
Invasion of 'indestructible' Argentine bugs to cause chaos

Delivered to your home or vouchers to use at your newsagent

Scan Me

VISIT **star.reachsubs.co.uk**
OR CALL US ON **0345 149 4848**

PROMO CODE: CP263S

***Terms and conditions:** Offer open to new subscription customers only. This offer entitles you to receive both your Daily and Sunday papers at a rate of £4.99 per week for 26 weeks and then a 10% discount thereafter. This offer is redeemable by direct debit (taken by a monthly payment plan). **Home Delivery orders via our direct service:** A daily charge will apply, delivery charges vary and the service is not available in all postcodes. **Voucher orders:** You will be sent individually dated pre-paid vouchers (to redeem at the retailer) within 14 days by post and use the vouchers as payment, a delivery charge will apply. Not all retailers offer home delivery, please check directly with them. Phone lines are open Mon-Fri 9am-5pm, (closed on Bank Holidays), standard call charges apply. Offer valid until Sunday August 30, 2026.

Reader Offer in partnership with Yimbly.com

Now
£94.99
was £99.99
FREE DELIVERY
Scan to order online

FOLDING ROLLATOR WALKER WITH SEAT & BACKREST

Getting out and about is easier with a rollator walker designed to provide support, comfort and convenience. This four-wheel design helps you move smoothly while giving you the option to stop and rest on the padded seat with supportive backrest whenever needed. The large wheels feature a suspension system to help the walker glide comfortably, whether you are using it indoors or outdoors.

The lightweight aluminium frame provides reliable support, with a weight capacity of up to 136kg. Seven adjustable height settings allow you to find a more comfortable walking position, suitable for users between 160-190cm tall. When not in use, the walker folds down for easier storage and transport. There is also a handy storage bag, perfect for keeping everyday essentials close by while you are on the move.

- ✓ Suitable for users: 160 - 190cm tall
- ✓ Folds in 5-10 minutes
- ✓ Overall dimensions: H94.5 x W65.5 x D65cm

yimbly.com/Offer20 Quote **Offer20** Offer ends 1st September

UK Customer Service 0161 444 9879 | **Now Open 7 Days a Week**

VISA PayPal Pay G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

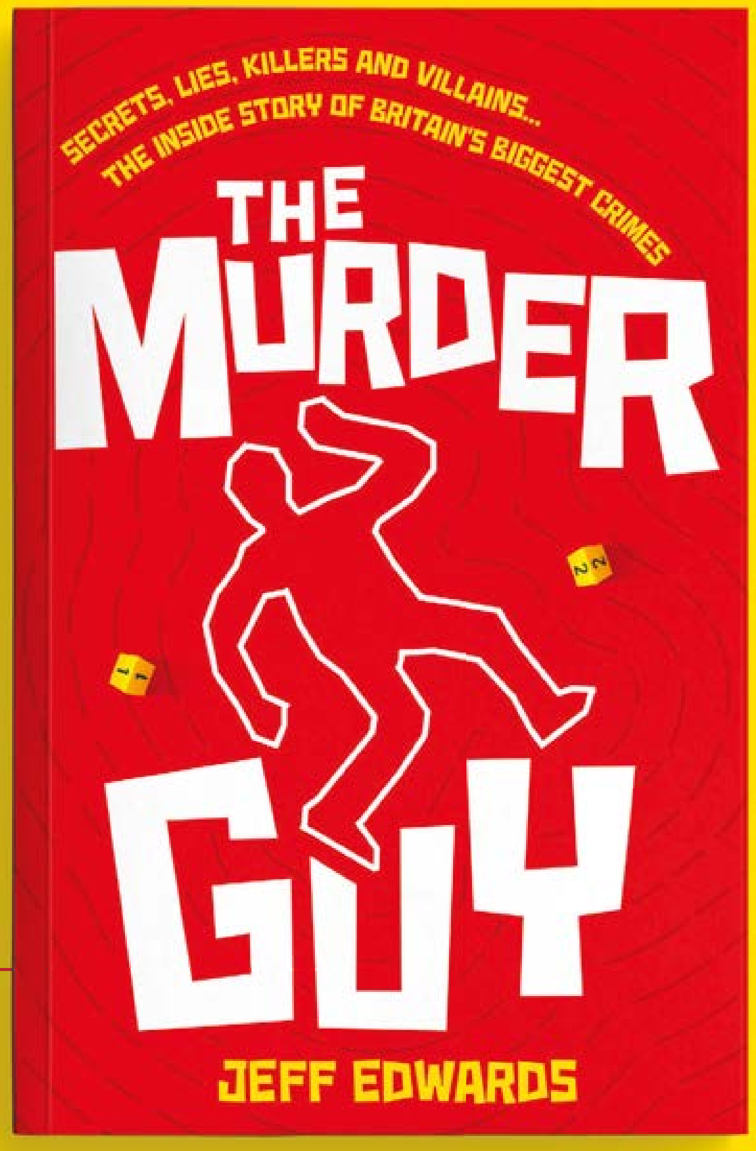
Trustpilot ★★★★★

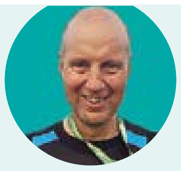
THE INSIDE STORY OF BRITAIN'S BIGGEST CRIMES

By the ex Daily Mirror Chief Crime Correspondent, aka 'The Murder Guy'

Available from all good bookshops and Amazon

AMAZON


SECRETS, LIES, KILLERS AND VILLAINS...
THE INSIDE STORY OF BRITAIN'S BIGGEST CRIMES
THE MURDER GUY
JEFF EDWARDS



LIVE FOR TODAY

Running with terminal cancer By **KEVIN WEBBER**

RESILIENCE *Jackie running the marathon during treatment*

Unstoppable... even on chemo

When I was first diagnosed with cancer and continued to run I remember asking myself was that OK, as everyone around me was not so keen. As time has gone on, not only has continuing to exercise with cancer been proven, in most cases, to be good for you, more people are taking on challenges.

These people inspire me when I have a low moment – people like Jackie. She is also being treated at the amazing Royal Marsden Hospital and I recently spent time hearing about her cancer journey and resilience.

In her otherwise healthy early 50s she went to her GP with what she thought was indigestion. While initial tests showed no issue, she was sent for an endoscopy, which found a "bulky tumour" in her mid oesophagus. Further tests showed it was 7cm and had spread to distant and local lymph nodes. Initial chemo shrunk the main tumour, but the next scan worryingly showed new lymph nodes were cancerous.

'Proving doubters wrong gave her the energy'

Jackie is a keen runner and was determined that cancer was not going to get in her way. It became more often a run/walk but she battled through during treatment. I am sure, as I did, she often felt physically rough and slow at times but mentally elated later.

She also has Sky, a staffie, who loves to run and kept her moving when the going was tough, as dogs do.

Jackie wanted to do something to give back to the Royal Marsden so bravely entered the London Marathon this year. This was her 61st marathon but everything was different, being seven months into treatment. She still finished in what most people would accept as an acceptable time (4.45 hours) but for someone on chemo it was outstanding.

Jackie always had the full support of her family and kept on a tough full-time job as an engineer through her treatment. In many ways, running, fundraising and proving doubters wrong gave her the energy to keep going.

On Friday, Jackie had her last planned treatment and if future scans remain clear (fingers crossed) she will have beaten the cancer. And she now knows just how precious every day is.

The next time you are facing a challenge, be more Jackie, take it head on and keep on going.

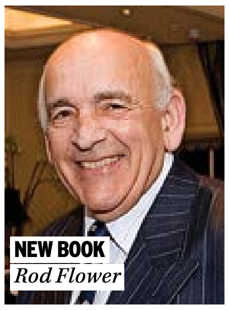
Until next week, Kev

INSPIRING TALE *Meeting Jackie*

HEALTH LIVE LIFE WELL

Edited by **MATT NIXSON & HANNA GEISSLER**

Your lifesaving kit for a desert island



NEW BOOK *Rod Flower*

To illustrate how important they are to our survival, pharmacologist AROD FLOWER – whose new book tells the story of medicines – highlights the 10 key substances you would need to survive an imaginary stranding...

Drugs have been used by humankind since pre-history. In the past they were usually obtained from plants but these days, they are mostly made by industrial chemists. Today, more than 1.2 billion prescriptions are written annually in the UK alone.

The active components of these medicines are drugs and it is the study of these intriguing chemicals which is the main activity of pharmacologists like me. And the excitement of such research has motivated me throughout my career.

My new book, Drugs: The Story of Pharmacology, hopes to capture and convey some of that excitement to the lay person and explain why, where and how we have drugs, where they come from and what they do to our bodies.

Overall, I hope it celebrates their intriguing inner workings and extraordinary healing power.

If they are to be effective, medicines must contain one or more active drugs. In a nutshell, drugs are active chemical substances in medicines which produce changes in living organisms by interacting with the molecular machinery of life.

To show how important drugs are, I am going to imagine a scenario where our aircraft or ship fails and we find ourselves stranded on a deserted island. As you scramble out of the water and onto the sand, your first feelings are obviously those of profound relief but probably also confusion.

You're clearly going to need shelter, food and water as a matter of urgency but, looking a bit further into the future, you are perhaps wondering how you will cope if you are taken ill or injured. Musing upon this problem, you spot a box bobbing up and down in the surf and, wading out to recover it, you find to your delight that it is the aircraft's medical kit.

Prising open the soggy lid you find… well, if it's only a few plasters, you would feel rather despondent, but since this is an imaginary scenario, you will find it contains a quick guide to tropical medicine and 10 selected drugs which should keep you healthy until you are rescued by a passing ship – this is a personal choice and definitely not medical advice for your next trip!

I divide these drugs into three categories: firstly, there are those which have their principal actions on your body to correct or adjust some imbalance; second, those which produce their effect on infectious organisms of various types, and third, a 'lifestyle' category.

1

PAINKILLING MEDICINES

MORPHINE: This is the gold standard by which other analgesic (painkilling) drugs are measured. It is found in the seed pods of poppies where its function is probably to deter insects or other predators. Morphine has been used globally as a medicine for thousands of years. It mimics the action of endorphins, hormones which form part of the body's own pain-regulating mechanism. Endorphins are also found in the gut, causing it to relax, and so morphine also has a secondary application, easing the symptoms of diarrhoea and dysentery (but just remember that it can cause dependence if overused).

The other painkillers are also multi-purpose drugs.

ASPIRIN: Aspirin was first synthesised and marketed in 1899. It is a derivative of salicylic acid, another naturally occurring substance found in many plants. Its phenomenal commercial success stimulated the development of a number of other drugs with a similar spectrum of activity, known collectively as the non-steroidal anti-inflammatory drugs (NSAIDs).

These drugs are real workhorses; not only do they produce analgesia but they also reduce fevers and inflammatory swellings too. They produce their effect by blocking the production of chemicals in the body called prostaglandins which are partly responsible for producing inflammation, pain and fever.

IBUPROFEN: The NSAID I have chosen is ibuprofen which is potent and well-tolerated. Another very useful drug with a similar action is paracetamol. This was discovered even before aspirin; it is a safe and well tolerated everyday analgesic and very good at reducing fevers, although it has no anti-inflammatory action.

PREDNISOLONE: Steroid drugs are chemical derivatives of a hormone in your body called hydrocortisone. This hormone restrains the body's responses to injury or stress. Because of this, it counters just about any type of inflammatory disorder. Prednisolone is an orally active analogue of hydrocortisone and can be used to treat systemic diseases such as asthma, joint inflammation, intestinal inflammation and any sort of allergy or autoimmune disorder.

HYDROCORTISONE: Prepared as a cream, this is a versatile treatment for all sorts of skin irritation, insect bites, eczema, psoriasis, dermatitis and other rashes (and even piles!). The steroids are irreplaceable medicines – but just don't take them for more than a couple of weeks at a time because the side effects will be problematic.

METOPROLOL: This beta-blocker can be used for a variety of purposes. It interferes with the actions of hormones which increase heart rate, such as adrenaline and noradrenaline, and therefore reduces the cardiac workload.

This is an important first step in dealing with irregular heartbeats, chest pains, or even a heart attack. Beta-blockers also have anti-anxiety effects, reduce blood pressure and may help in mitigating tremor and even episodes of migraine.

> *'Drugs came from plants in the past but are now mostly made by chemists'*

2

DRUGS TO FIGHT OFF INFECTIOUS DISEASES

Infectious diseases caused by bacteria, viruses, parasites or fungi will probably pose the biggest threats to your health on this tropical island and the second group of drugs in the box comprise your biological warfare kit. Let's deal first with bacterial infections. In a famous incident in 1928, the microbiologist Alexander Fleming noted that the growth of the streptococcal bacteria in a Petri dish was prevented by contaminating fungal spores. The rogue fungus was identified as Penicillium and Fleming deduced that it was secreting some sort of antibacterial substance which he named penicillin.

Preparing sufficient drugs for testing was an obstacle but the dramatic antibacterial action of penicillin was finally confirmed in patients in the 1940s and, since then, many other antibiotics (as they came to be known) have been discovered or synthesised.

It is generally recognised that these drugs have added some 20 years to the average global lifespan. There are more than 1,500 different infective bacteria and not all antibiotics are equally effective against all types, so it is difficult to choose just one, but I have settled on a relative of penicillin which has a very wide spectrum of antibacterial action.

AMOXICILLIN: The penicillin family of antibiotics kills bacteria by preventing them from building a protective outer membrane. However, some organisms have evolved countermeasures and resistant strains can secrete an enzyme which rapidly inactivates the drugs.

Fortunately, this enzyme can itself be inhibited by clavulanic acid and incorporating it together with the amoxicillin enhances its antimicrobial action.

The possibility of infection by malaria-bearing mosquitos is a major threat in tropical lands. The disease is caused by plasmodium, a tiny parasite which infects mosquitos and passes on to us when they bite. Some types of malaria can be immediately life threatening. Since you won't have access to a diagnostic lab, you will have to assume the worst.

QUININE: Extracted from the bark of the Cinchona tree, quinine was the first antimalarial. Its useful effects were first spotted by the Quechua people of Peru and Ecuador before being bought to Europe in the 16th century. It is still extremely effective against the most dangerous type of malaria but today it has been largely superseded by artemisinin and its derivatives.

This plant drug was featured in ancient Chinese pharmacopoeias and so has been in use for thousands of years. The malarial parasite spends part of its life cycle in your red blood cells where it detoxifies and consumes the haemoglobin. Both quinine and artemisinin inhibit the detoxification process so the parasite eventually dies from self-poisoning.

METRONIDAZOLE: Plasmodium belongs to a class of living beings known as protozoa. These single cell organisms are invisible to the naked eye.

Dangerous protozoal you might encounter are Entamoeba – one member of which causes amoebic dysentery. I have chosen metronidazole to treat this awful disease. It damages the protozoal DNA, thereby killing the organism.

MEBENDAZOLE: Unlike plasmodium, worms (helminths) are easily visible to the naked eye and are very common in tropical climes. There are several different types including tapeworms, pinworms and hookworms, which produce a range of unpleasant symptoms.

It's difficult to find a drug that will work on all varieties of helminths but mebendazole is a fairly wide spectrum anti-helminthic which prevents the worm absorbing crucial nutrients.

3

LIFESTYLE DRUGS

ALCOHOL:

My final ('lifestyle') drug choice would (unashamedly) be alcohol.

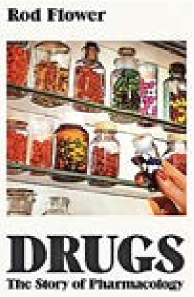
Perhaps because it can solubilise plant drugs, alcohol has always been associated with medicines; 'tonic wines' for example, have been around for centuries.

Although attitudes have changed today, alcohol was commonly prescribed by the medical profession for a wide range of physical and mental problems until the mid-20th century.

My choice would be a bottle of good quality gin or vodka.

It could be used as an antiseptic, a sedative and an analgesic but, best of all, no matter how desperate your plight, it won't seem quite as bad after a coconut martini!

Rod Flower is the author of Drugs: The Story of Pharmacology, published by Yale University Press, priced £20, and out now



Rod Flower

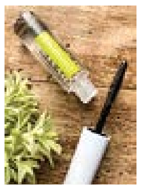
DRUGS

The Story of Pharmacology

RETAIL THERAPIES

By **EMMA JOHNSON**

Shaved, waxed, over-plucked ... whatever you have inflicted on your eyebrows over the years there's help out there. Hydrosil HydroBrow is a conditioning brow gel that uses a passion fruit seed extract to hydrate and soothe the brow hairs and the skin beneath. It's vegan, fragrance-free and at £8.50 (hydrosil.co.uk), won't break the bank like some pricier brow treatments.



Harry's has just launched two gorgeous-smelling new men's body wash scents – Solstice with notes of mandarin and musk, and Redwood with notes of evergreen and thyme. Both scents have been formulated by a family-owned French fragrance house and the body washes are sudsy, lathery and foamy yet free from parabens, sulfates, and dyes, and suitable for sensitive skin. Priced £5.50 at harrys.com

HARRY'S
HARRY'S

We just cannot get enough of K-Beauty and the latest Korean brand to land at Boots is the bright and cheerful Eqqualberry. Whatever your skin concern, it has a serum to solve it. Bakuchiol Plumping Serum plumps skin, Vitamin Illuminating Serum brightens, NAD+ Peptide Boosting Serum renews, Aloe PDRN Calming Serum soothes, while Hyaltoin Flooding Serum cools and comforts. Priced £21.99 each.

If you are a woman of a certain age, chances are someone has said the word creatine to you recently. Formerly the preserve of bodybuilders, the supplement may help with everything from muscle function to healthy ageing. Paused's new Creatine, Hydration and Beauty Complex (£44.99, Holland & Barrett) combines 3g creatine with electrolytes, vitamins, minerals and beauty-supporting nutrients like biotin for a triple boost.

Reader Offer in partnership with **Yimbly.com**

COOK TWO MEALS AT ONCE

Now
£119.99
was £159.99
Save
25%
Scan to order online
GREENPAN
200
180
Features Keep Warm, Start Delay, Match Cook and Reheat functions

Cooking for a crowd is far simpler with the GreenPan Switch Dual Air Fryer. Designed with an extra-large 10-litre capacity split across two baskets, it brings a whole meal together at the same time, so every dish reaches the table ready and hot.

The two 5-litre baskets mean you are no longer shuffling trays in and out of a single oven or serving one thing lukewarm while the rest catches up. Roast a joint of chicken in one basket and crisp the potatoes or vegetables in the other, then set both to finish at the very same moment. When one dish is the one everyone wants more of, run the same setting across both baskets and turn out a single generous batch. It takes family meals and entertaining in its stride, and comes into its own at a Sunday lunch or a weekend full of visitors. Run two mains at once when the guest list grows, or keep a main and its trimmings going side by side so everything lands hot at the same time.

Getting going is refreshingly simple. One-touch presets choose the right setting for you, so there is no second-guessing before you start. A built-in timer lets you set everything in motion and have the meal ready to the moment that suits your day. Set it going before you head out and come back to a meal that is nearly ready.

The removable drawer and tray lift straight out, so clearing up after everyone has eaten takes only moments.

With both baskets working at once, weeknight dinners and full-table gatherings come together calmly, leaving you free to enjoy the food and the company rather than standing guard over the hob.

- ✓ Dual cooking - cook two dishes at once
- ✓ Extra-large 10-litre capacity
- ✓ One-touch presets
- ✓ Timer settings
- ✓ Removable, easy-clean drawer and tray

yimbly.com/Offer26 Quote **Offer26** Offer ends 11th August

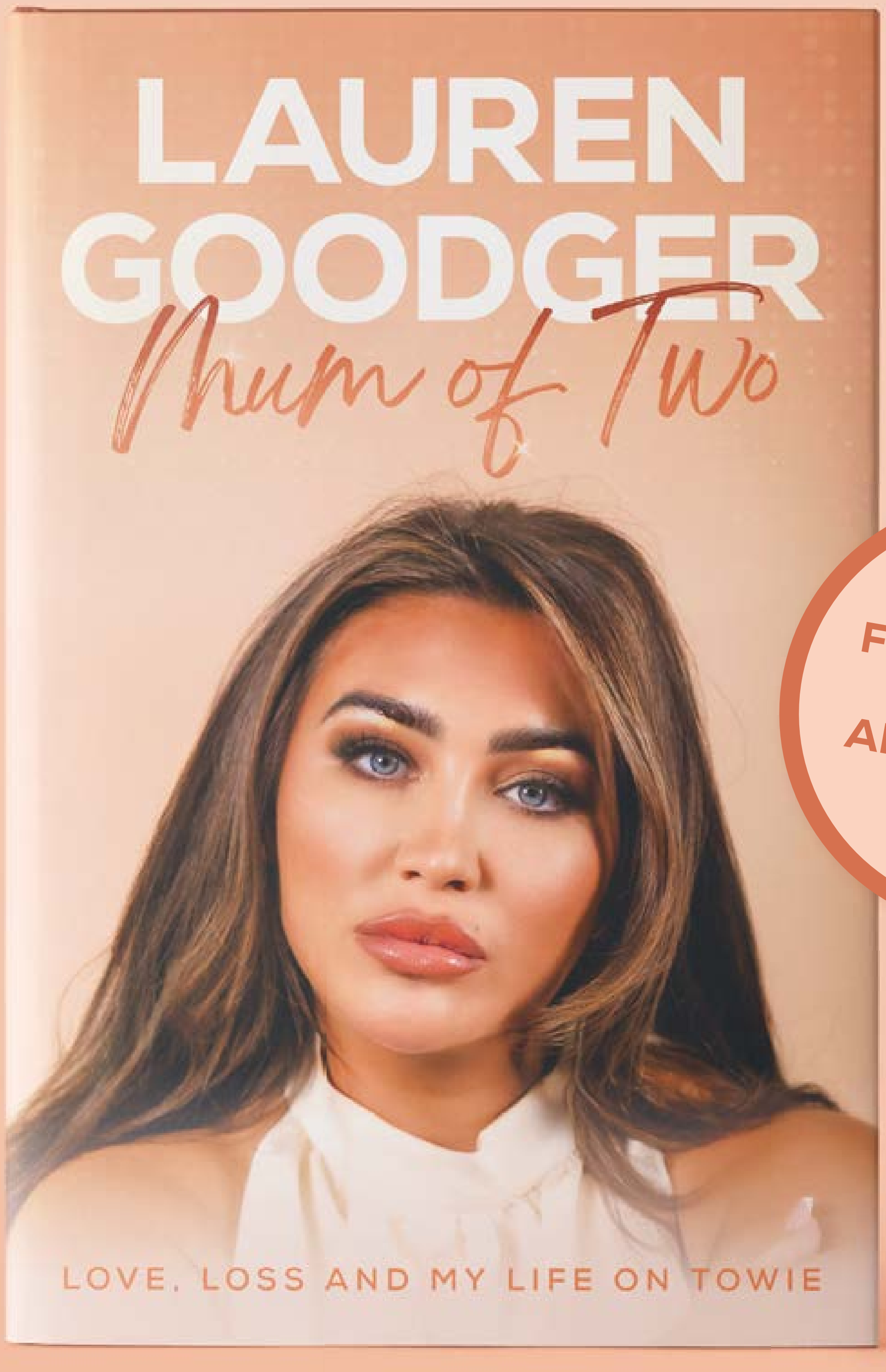
UK Customer Service 0161 444 9879 | **Now Open 7 Days a Week**

VISA · PayPal · AMEX · Apple Pay · G Pay

Offers subject to availability. Terms and Conditions apply. Free Delivery over £50. Customer Service operates 9.00am - 5.00pm, Monday - Friday, and 9.00am - 1.00pm, Saturday and Sunday, except on Bank Holidays. Calls are charged at your standard network rate. Visit yimbly.com/terms for full details, including Delivery & Returns information. For queries, contact support@yimbly.com.

Trustpilot ★★★★★

LOVE, LOSS AND
MY LIFE ON TOWIE


LAUREN
GOODGER
Mum of Two
LOVE, LOSS AND MY LIFE ON TOWIE

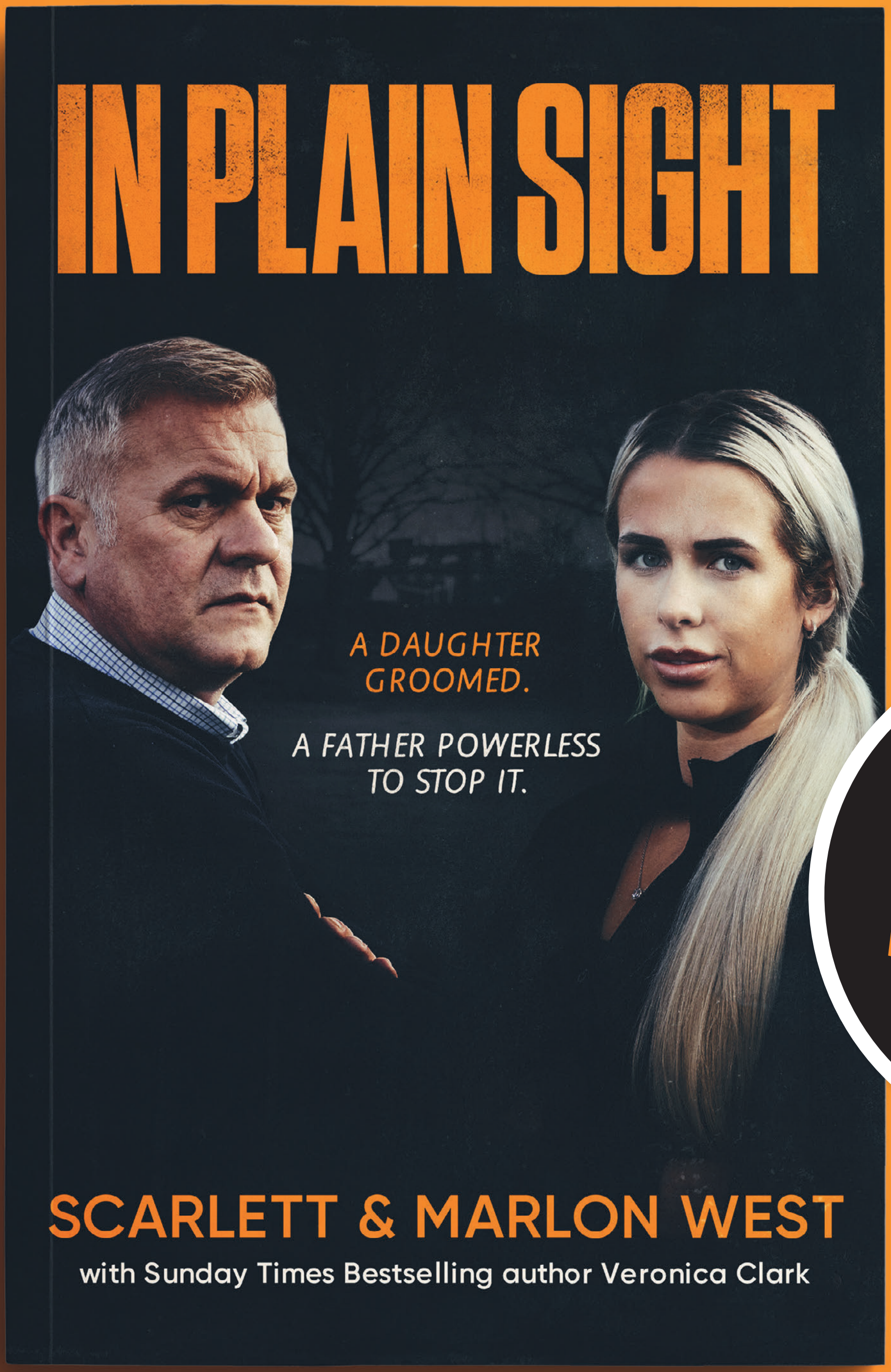
FOR LAROSE,
LORENA
AND ALL THE
MUMS

"I'VE WRITTEN THIS TO HELP
OTHERS FEEL LESS ALONE"

ON SALE FROM ALL GOOD
BOOKSHOPS AND AMAZON

AMAZON

A DAUGHTER GROOMED
A FATHER POWERLESS TO STOP IT


IN PLAIN SIGHT
A DAUGHTER GROOMED.
A FATHER POWERLESS TO STOP IT.
SCARLETT & MARLON WEST
with Sunday Times Bestselling author Veronica Clark

Written with
Sunday Times
bestselling author
VERONICA CLARK

"I was doing everything I could to try and keep my daughter at home"

ON SALE FROM ALL GOOD
BOOKSHOPS AND AMAZON

AMAZON

TRAVEL

Edited by **JULIE DELAHAYE**

Peak moment for Scottish Highlands

BEAUTIFUL
The Upper Loch Torridon

There's a place in the West Highlands that has MILO BOYD returning year after year, and it's not surprising to see why he loves Torridon village

Every so often, as a nation we collectively decide that somewhere is the best. And over the past few years, it seems Bamburgh has reigned supreme as the UK's favourite seaside town, with the Northumberland beauty scooping the Which? reader voter title for six years in a row.

In Scotland, North Berwick has been on a golden run. In 2024, it was named the best place to live in the UK by a group of judges who lavished praise on its easy connections to Edinburgh (just 30 minutes by train), its thriving high street of independent shops, and its community spirit.

Since then, the plaudits and positive write-ups have just kept on coming.

But as wonderful as both these places are, there is another coastal spot that has had me returning year after year.

And that place is Torridon.

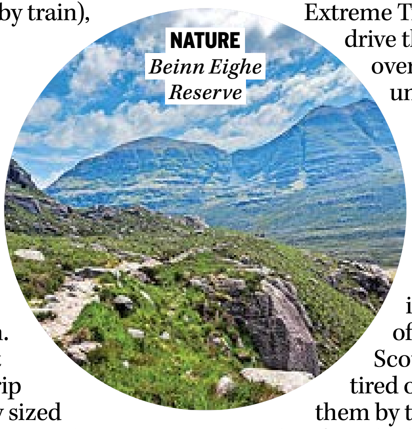
I first visited the tiny West Highlands village on a day trip from Kinlochewe, a similarly sized spot a few miles up the road towards Fort William. The single-laner follows the route of the River Torridon as it winds through the mountains, with Beinn Eighe to the north and Sgorr Ruadh to the south.

It's easy to lose yourself gazing up at the ancient peaks, but important not to do so for too long – the wiggly road requires you to avoid incoming traffic by swerving into the passing places.

The view that greets you is spectacular. Torridon wraps around either side of the loch bearing its name. And while it's 10 miles or so away from the coastline, it's a sea loch. Meaning it's salty, tidal and will get you to the Atlantic, once you've wiggled round a few bays and the Isle of Skye.

Keep travelling round to the south side of the loch and you'll reach the official viewpoint, not far from the rapids of Lake Falls.

Torridon never gets busy, even in June, when the maniac participants of the Celtman Extreme Triathlon arrive and then drive themselves into the peat over the course of a very unpleasant and long day.



NATURE
Beinn Eighe Reserve

The central bit of the village is on the north side of the loch. Here you will find the Am Ploc open-air church. Although now a little crumbly, the church is an important one, having its roots in the "Disruption of 1843" when Church of Scotland members walked out, tired of ministers chosen for them by their lairds.

They found religious refuge in places like the Torridon Open Air Church. It takes the form of a natural amphitheatre, created within a V-shaped cleft in the low sandstone cliffs that form the east side of the Ploc of Torridon.

Climb up into the rocky pulpit and look out on to the loch, or sit in makeshift pews that are regularly flooded by seawater, and it's easy to feel a little of its awe and wonder.

All of this is bound to leave you feeling hungry. So head over to the Wee Whistle Stop Cafe in the community centre. It's not exactly cheap, but dishes including chargrilled courgettes and pesto tart, oven-roasted field mushrooms with Parma ham, and fish finger sandwiches will sort you out.

Locally baked goods, including a particularly stodgy macaroni pie, are available to fill any remaining gaps in the small food shop down the road.

The feeding continues over in the National Trust Deer Museum, where you can grab a handful of pellets and feed the friendly herd that will trot over as soon as they see you.

If you're in this part of the world, then there's a good chance you're up for a walk. The peaks around Torridon, Liathach, Beinn Eighe, and Beinn Alligin, are packed with challenging but hugely rewarding routes. Ancient Torridonian sandstone capped with white quartzite has given the area a layered, almost sculptural look that's unlike anywhere else in the UK.

Tracks like the Liathach ridge traverse are among the best mountain walks in Scotland, or at least, that I've come across. After scrambling quickly up the first precipitous slope, you'll find yourself on the first of several peaks, connected by a ridge but a few metres wide. On one side, the sea. On the other, the valley below.

Torridon sits on the Beinn Eighe Nature Reserve, which is also home to rare mosses and lichens, as well as pine martens and golden eagles.

If all of this seems too much to take in in a single day, then fear not.

Torridon Youth Hostel sits on the NC500 route with rates starting from £36 a night, and delivers cheap and cheerful beds.

PEACEFUL
Torridon

VIEW
Liathach ridge

HIDDEN AWAY
Village is never busy

Quintessential tourist hotspot for UK visitors

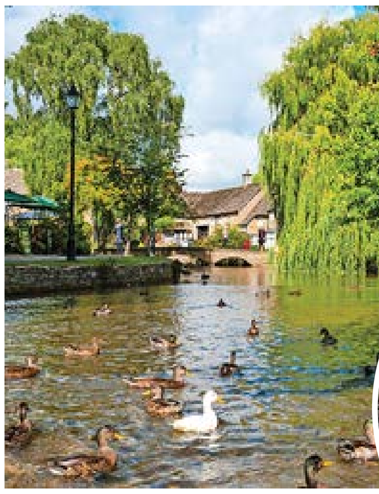
STONE ME *Popular village bridge*

By **AMY JONES**

For those who live in the idyllic Cotswolds village of Bourton-on-the-Water, it's just another ordinary day as tourists flock to its picturesque streets in their thousands.

Photoshoots are always taking place on the quaint stone bridges over the River Windrush and shops are overrun with visitors keen to pick up a souvenir of their time in what's known as the "Venice of the Cotswolds".

Crowds also form outside the honey-hued buildings, and families sprawl out on the village's pristine lawn with an ice cream on a summer day.



QUAINT *River Windrush*

VISIT *For Amy*

This is just a snippet of what it's like living in one of the most popular and prettiest villages in the area as I found out one weekday afternoon.

For those who live in the riverside location, it wouldn't be what it is without the coachloads who travel from all over to marvel at its renowned beauty.

Even when its 4,000 residents are regularly outnumbered by holidaymakers, they can't help but appreciate what it does for their small village in Gloucestershire.

"We wouldn't have all this without visitors – we have five pubs, cafes, restaurants and really nice places. There are some amazing places in the Cotswolds, but there's nothing [much] to do, but we have this, so it's there to be had," local ice cream legend, Allan Hymers, told me.

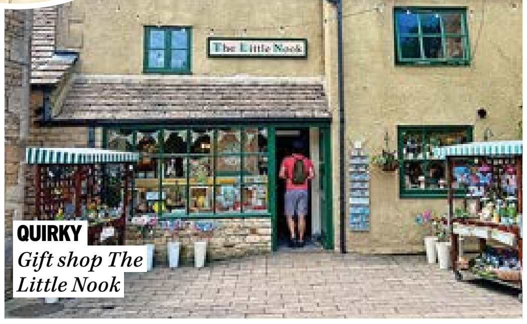
"There are a lot of tourists, but without them we would have no village as it is," another resident shared. "I don't think it would be as good without the tourists." They added: "There are a lot of shops, cafes and restaurants – they create employment as well, so for local school leavers until they go to university."

A punter at The Kingsbridge pub couldn't agree more. "There are a lot of independent shops in Bourton-on-the-Water, but without most of the tourists, would they survive? If we didn't have visitors, there might just be two pubs, one newsagent's and a chip shop, that's it," they said.

"I love the tourists, they pay my wages," Rebecca Olivia, who works at Bourton's Little Sweet Shop, said. "It's really nice, I really enjoy working here, it's really pleasant and busy, so at least the day goes quickly."

And it seems that residents in the village certainly don't take their surroundings for granted. "We are very lucky to live here, because it is simply beautiful. It's no wonder that people come to visit, and if I didn't live here, it would be one of the places I would want to come and visit," one resident told me with a smile.

Allan, who cheerfully declared himself as "the famous ice-cream man", also shared, "I love living here, it's great. Everyone knows me, I know everyone in the village, I love it, and it's the best job I've ever had in my life."



QUIRKY *Gift shop The Little Nook*

VITAL ROLE *Julie with Director Scott Sanders*

Cruises face a sea change in direction

What better way to learn what goes on during a TUI Marella cruise than to work on one, says JULIE DELAHAYE, who finds the director's role all-encompassing on board

What does a cruise director do? Truthfully, until recently I wasn't really sure. Twenty years ago, a cruise director would be pretty much in charge of everything on board, including meeting almost every guest. Nowadays bigger ships mean thousands of passengers and hundreds of crew members, so it's fair to say the role has had to evolve.

It's something that Scott Sanders knows all too well. Scott has been working in the cruise industry for 14 years, and he's spent the last four as cruise director for Marella Cruises. I spent the day with him on board Marella Voyager at the start of its summer season in the Mediterranean.

To passengers, Scott is the director they see who puts together the entertainment, does announcements over the PA, appears on the ship's Cruise Director TV, and introduces the dazzling shows in the 600-person theatre.

Within less than an hour, it's clear that there's a lot more to Scott's job. On the day I spend with him, he's talking to heaps of different staff members from theatre production teams to musicians, quiz hosts and, of course, passengers. That's when he's not managing the various admin that's part of the role, including planning the entire entertainment programme and schedule for Marella Voyager's upcoming sailings in the Caribbean in November.

Our day starts off in his office where he runs over that particular day's schedule, including calling in a guest act to do an extra

GLITZY *Voyager lifts*

'Crew spends three months learning 12 shows before sailing'

I'M THE CAPTAIN NOW *Julie takes the helm*

MARELLA EXPLORER 2

EPIC *Marella Voyager*

PREP *Show crew*

ALL ABOARD *Cruises have become a much more relaxed family affair*

performance by the pool for those who've stayed on deck during a port day. Even with some of the passengers off the ship, there are still game shows, quizzes and live performances to be managed.

"I think the biggest challenge with this job is finding the balance of being sat in the office doing your admin, and being out front with the guests," Scott admits. "Sometimes you'll get comments like, 'We've not seen the cruise director' and if that comes in, I don't sleep for a week, I panic! I've been [in that role] with Marella for four years, but I think it took me a good year-and-a-half to find that nice balance."

Later that morning we head over to the theatre where Scott talks me through the logistics of running 12 shows on board.

Performers take to the stage for two shows every night, so Scott works with the stage manager to ensure everything's ready.

Crew will do a dress rehearsal every day before the shows, and if there's any technical issue or someone's off sick, Scott is ultimately the person to go to for a solution.

Backstage at the theatre, the 12 performers have their own dressing room complete with a laundrette, as they're responsible for looking after their own costumes, from washing them to repairs if needed.

The shows themselves are created by RWS Global, who also work with the likes of MSC Cruises and Holland America Line. The crew will spend three months learning the 12 productions before they step on board the ship, at which point there's around a six-week changeover period.

They're clearly a huge highlight on board, with up to 600 passengers filling the theatre when the ship is busier. "They are the celebrities on board," Scott says, describing the singers and musicians. "They're like West End performers, so a lot of guests get quite infatuated. They see the cast, especially the kids – and I always tell them to make a massive fuss of the kids!"

But it's not just about those people that passengers do see. "My technical team, I call them my Men in Black," Scott quips. "They look after all of the lighting and sound.

"Without them, I wouldn't have production – I wouldn't have game shows, I wouldn't have quizzes. Those are the people the guests don't see because they're tucked behind the scenes, but yeah, they run the whole ship!" In the afternoon, we head over to the Captain's Bridge. It's not an area that's open to guests although you can request tours at reception.

For Scott, it's just another office where he can do his PA announcements across the ship, whether that's updates for crew-only areas, or general news about the entertainment programme that he thinks passengers will need to know.

These announcements make him extra popular with guests who often ask for special shoutouts – but unfortunately it's something that Scott has had to stop doing.

"If I do that in front of 600 people, reception then get inundated with guest requests!" he explains.

However, he still tries to go that extra mile, for example, by adding a special mention in the daily "Cruise News" newsletter all passengers receive, or "sending a nice little goodwill gesture to cabins".

Of course I couldn't be on the Bridge without sheepishly asking if I could pretend to be Captain, and Scott/the Bridge team kindly obliged.

Ultimately, it sums up Scott's job quite nicely – he's keen to make sure that people are having the best time.

It's clearly a responsibility he doesn't take lightly.

He adds: "I get a lot of first-time cruisers saying, 'I can't get over the service, and the food, and the entertainment on Marella', and I always say, 'You won't find this level of service anywhere else at a resort'."

What I didn't realise is just how seriously passenger feedback is taken. Like most people, I assume that if I fill out a survey it's given a cursory glance by some customer team in a head office.

However, Scott himself actually combs through all of the surveys that passengers fill out, and prides himself on tweaking the programme or entertainment to continue to raise the bar.

"I keep notes on my phone!" he admits, adding that he asks passengers to fill out the forms or leave instant feedback through the on-board app Navigate. "I check that at least 10 times a day," he adds.

Negative feedback gets addressed, but so does positive feedback. In fact, crew will type out thank you letters personally to guests who've given them a shoutout.

As for a common mistake people make on a cruise, whether it's their first sailing or not? "Not asking the right questions early enough in the cruise," Scott says.

To help, he created a "New to Cruise" welcome presentation for Marella guests – it's been so successful that it's been rolled out across the rest of the TUI-owned fleet.

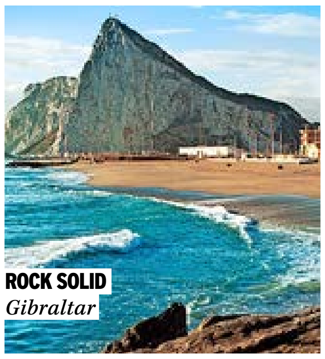
"[Passengers] get to ask questions and we give them top tips such as explaining that the front of the ship has blue carpet, the middle has red carpet, and the back has green!"

In recent years, feedback has changed as cruises have become increasingly popular with families and younger generations.

According to Scott, the more laidback feel of these holidays is playing a key role. "[Cruises are] much less formal now," he tells me. "You don't see many bow ties or ballgowns any more, and I think cruising has now turned into a holiday instead of a cruise."

Oh, and if there's one place you want to go for a guaranteed holiday vibe?

"The on-board pub is always busy!" he jokes.



ROCK SOLID *Gibraltar*

MONKEY BUSINESS OVER AFTER NEW GIBRALTAR RULES

By **NATALIE KING**

EasyJet has warned Brits heading to Gibraltar about new entry requirements, as the sun-soaked hotspot is visited by approx 1.3 million UK tourists every year.

The budget carrier said: "From 15 July 2026, Gibraltar aligned with Schengen entry requirements. If you're travelling to Gibraltar, please check that your travel documents meet the new rules before you fly.

"UK visas and residence permits/share codes will no longer be accepted for entry to Gibraltar. Passports for travellers from non-Schengen countries (except Ireland and Cyprus) must have been issued within the last 10 years, and be valid for at least three months after the date you plan to leave."

The requirements are now aligned with what Brits can expect at the other 29 countries in the Schengen area including the new Entry/Exit System (EES) with fingerprint and facial scans.

TWO CHECKS *Double trouble*

While Gibraltar, which is known for its wild monkey population, remains a self-governing British Overseas Territory, as of July 15 a post-Brexit deal allowed the border with Spain to be removed, getting rid of border controls and customs checks for those passing between Spain and Gibraltar.

The Foreign Office said: "On arrival at Joshua Hassan Gibraltar International Airport, you should expect two sets of checks which will satisfy entry into Gibraltar and the Schengen Area: Gibraltar entry immigration controls performed by the Gibraltar authorities and Schengen entry immigration controls by the Spanish authorities as the authorities of the neighbouring Schengen state."

Reduce the cost before you fly off

Gatwick
Airport
NEXT EXIT

TRAVEL ADVICE *Make a saving so there's more to splurge later*

SAVVY STAY *Airport hotel*

South Terminal

PARK AND GO *Shuttle bus*

GX
GATWICK EXPRESS

EXTRA SERVICES *Gatwick Express*

Holidays are an exciting time but they're even better if you know you've got the best deal you can. Here's NATALIE KING's take on airport parking

While I try to use public transport when possible, at times, driving to the airport is unavoidable. Especially when I've got a horrific 5am departure scheduled.

But recently, it feels like everything travel-related is getting increasingly expensive, and that includes airport parking. So I'm always looking for ways to make it less painful on my wallet. As a travel journalist, I've picked up a few hacks to make it cheaper, so here are some of the things that have reduced the cost.

LOOK FOR WORKPLACE DISCOUNTS

Many employees have access to discounts through in-house schemes, and frankly, it's easy to forget about these. But when it comes to holidays, they can be very useful for finding discounts on extras such as parking and lounges.

My husband has a Blue Light Card, which costs £4.99 for two years, and has helped us get some decent discounts on airport parking, such as 30% off through Holiday Extras or 21% off bookings with AIRPORT parking and Hotels (APH).

An impressive number of professionals are eligible for a Blue Light Card, from education workers to foster carers and charity workers, so if this applies to you, check it out.

If you don't have an employee discount scheme, sites such as Wowcher offer discounted parking codes that you can buy for a small amount. I have used one of these successfully, but triple-check the terms to make sure you can actually use it on dates you want.

TOP TIPS *Natalie*

AVOID COMPARISON SITES AND DO YOUR OWN RESEARCH

Always Google the company rather than just going by the star rating on the site. I have seen companies holding four- and five-star reviews on a comparison site, but a quick search has shown they have a two-star rating on Google.

If you do use a comparison site to look at your options, you aren't obliged to book through them. Go to the parking provider's official website to book directly, as this will ensure no third parties are involved, and it often works out cheaper as you can be sure no fees are added.

CHEAPEST ISN'T ALWAYS BEST

When you're trying to save money on your holiday, it can be tempting to book the cheapest option to save a few pounds.

Trouble is, the cheapest options for airport parking can be inconvenient and miles away from the terminal.

I once booked some airport parking that seemed like a bargain, and it was supposed to be a 10-15 minute bus ride from the terminal. We turned up early, and it was miles from the airport, and we were forced to wait ages at a bus stop without a shelter for the shuttle, which was so packed we were worried we wouldn't be allowed on.

Use a provider with a long transfer time or unreliable shuttle, and you could very well be late for your flight. Given that this could cost you hundreds, making a saving of a few quid is not worth the risk.

MAKE A PLAN *For where to leave your car*

> *'Watch out for cheaper parking deals as site may be miles away from the airport'*

LOOK FOR HOTEL AND PARKING DEALS

If you have an early flight, then getting an airport hotel can make life so much easier.

It means you aren't loading up the car in the dark or trying to coax the kids out of bed at 3am. Some airlines offer twilight drop-off for your bags the night before, which means you can head straight to security in the morning.

Look for deals that include a night in a hotel plus parking. Sites such as Holiday Extras offer options such as a Premier Inn or other hotel stay, plus parking. But don't just look at chains.

Some smaller, independent hotels offer parking packages in their own car parks.

CHECK THE COST OF USING ALTERNATIVE TRANSPORT

Getting a train to the airport can often be a pricey option, especially when you have the whole family in tow, but if you're planning on taking a longer break, this can still work out cheaper than parking your car at an airport car park.

One of the issues with public transport is that it's not always well timed, but operators are improving their offerings.

Stansted Express is trialling some overnight services for early morning passengers, and the Gatwick Express will be launching some extra services overnight and early in the morning starting this weekend.

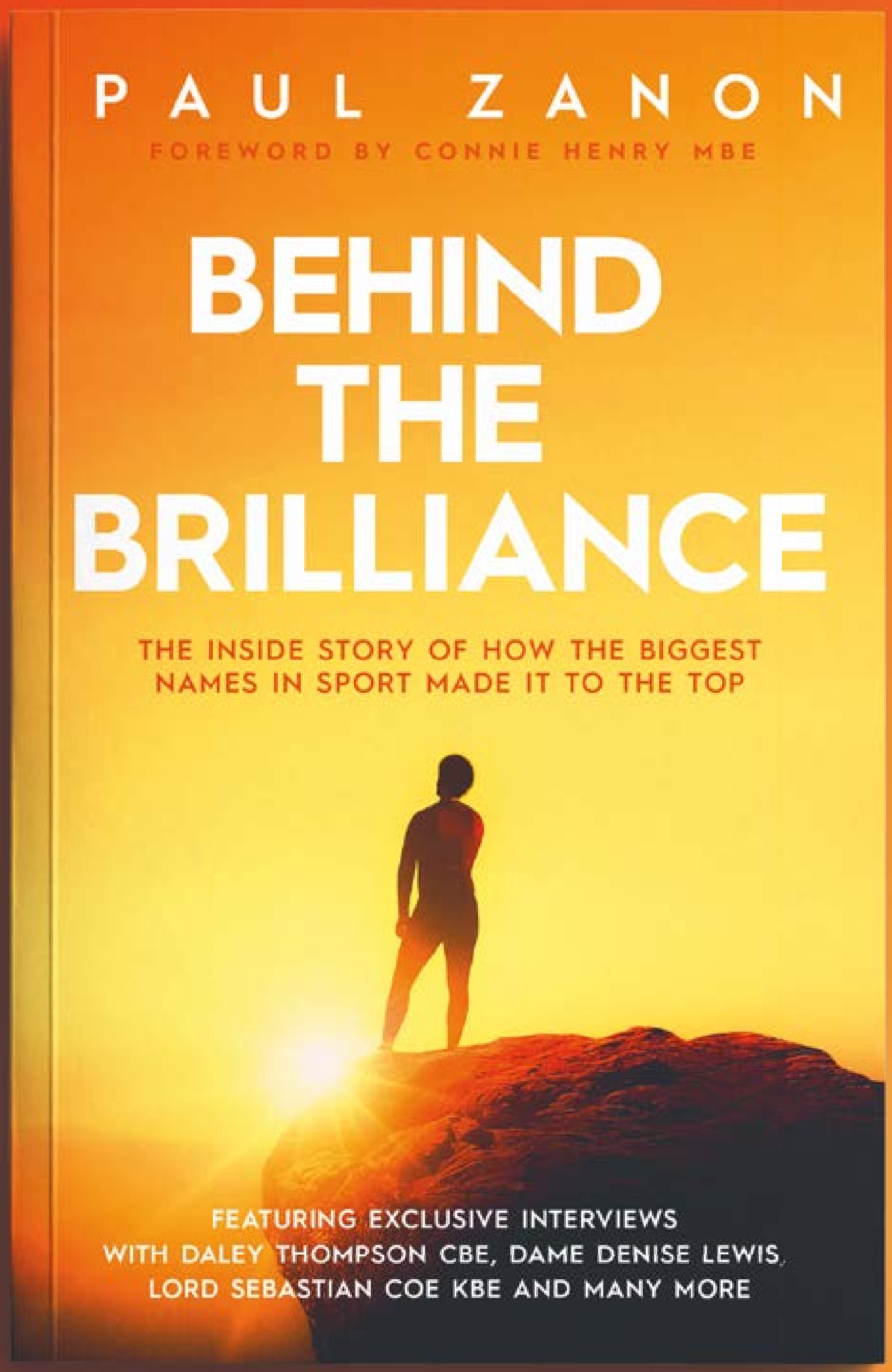
If you're not near a train station, you could even take a look at National Express coaches or FlixBus.

Some airports, such as Cardiff, are also served by local buses which offer an inexpensive alternative to parking.

HOW THE BIGGEST NAMES IN SPORT MADE IT TO THE TOP

Featuring Daley Thompson, Dame Denise Lewis, Lord Sebastian Coe, Fatima Whitbread and more

SUPPORTING THE CHARITY BEHIND THE BRILLIANCE GIVING


PAUL ZANON
FOREWORD BY CONNIE HENRY MBE
BEHIND THE BRILLIANCE
THE INSIDE STORY OF HOW THE BIGGEST NAMES IN SPORT MADE IT TO THE TOP
FEATURING EXCLUSIVE INTERVIEWS WITH DALEY THOMPSON CBE, DAME DENISE LEWIS, LORD SEBASTIAN COE KBE AND MANY MORE

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

AMAZON

GREAT SCOTT EYES PRIZE

BY **PAUL EDDISON**

SHOT PUT star Scott Lincoln hopes to form one half of a golden British couple at this week's European Championships.

Lincoln co-captained Team England's athletics squad at the recent Commonwealth Games, claiming bronze, and is among the host nation's leading medal hopes at Birmingham's Alexander Stadium.

He is joined in the 98-strong Novuna GB & NI squad by his partner, national javelin champion Freya Jones, 32.

The 33-year-old (right) said: "It's going to be the first championships we're doing together as a couple. She's one to watch and it'll be exciting to stick around for the week and help her later in the week.

"I want to win it. It will be a tough ask, but I don't see why not. Everyone there is beatable, so if not the win, then it's a medal I want to push for."

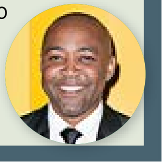
GAMES SHOW

BY **LAURA HOWARD**

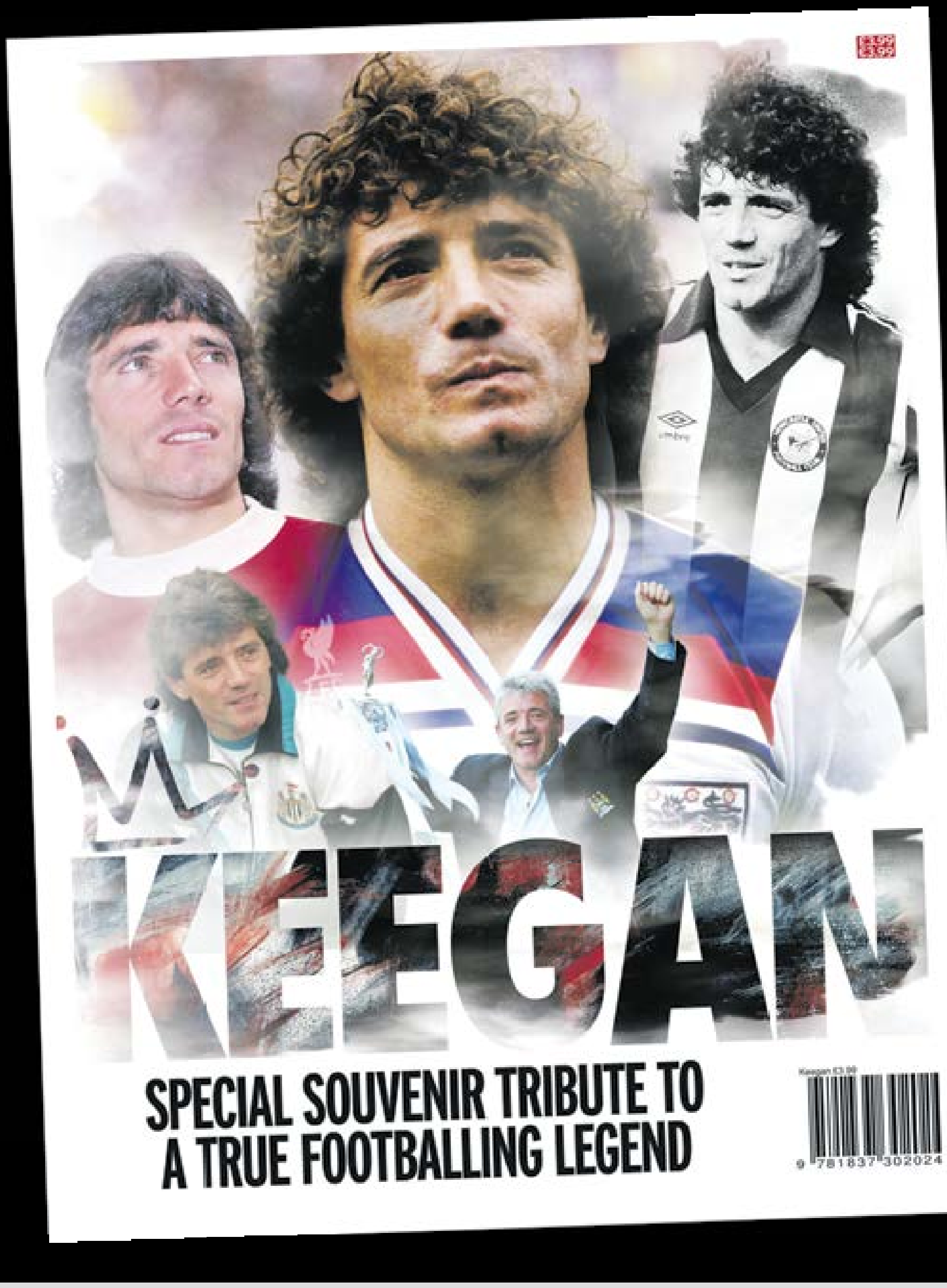
SPRINTING legend Darren Campbell believes a home European Athletics Championships will boost Team GB's hopes of athletics success at the LA Olympics in 2028.

They will be held in the UK for the first time this week at Birmingham's Alexander Stadium.

Three-time European gold medallist Campbell (inset) said: "This competition will be a fantastic experience. And it will see the bigger fruits, I feel, in two years' time. It's fantastic that we have a home championship heading into LA."



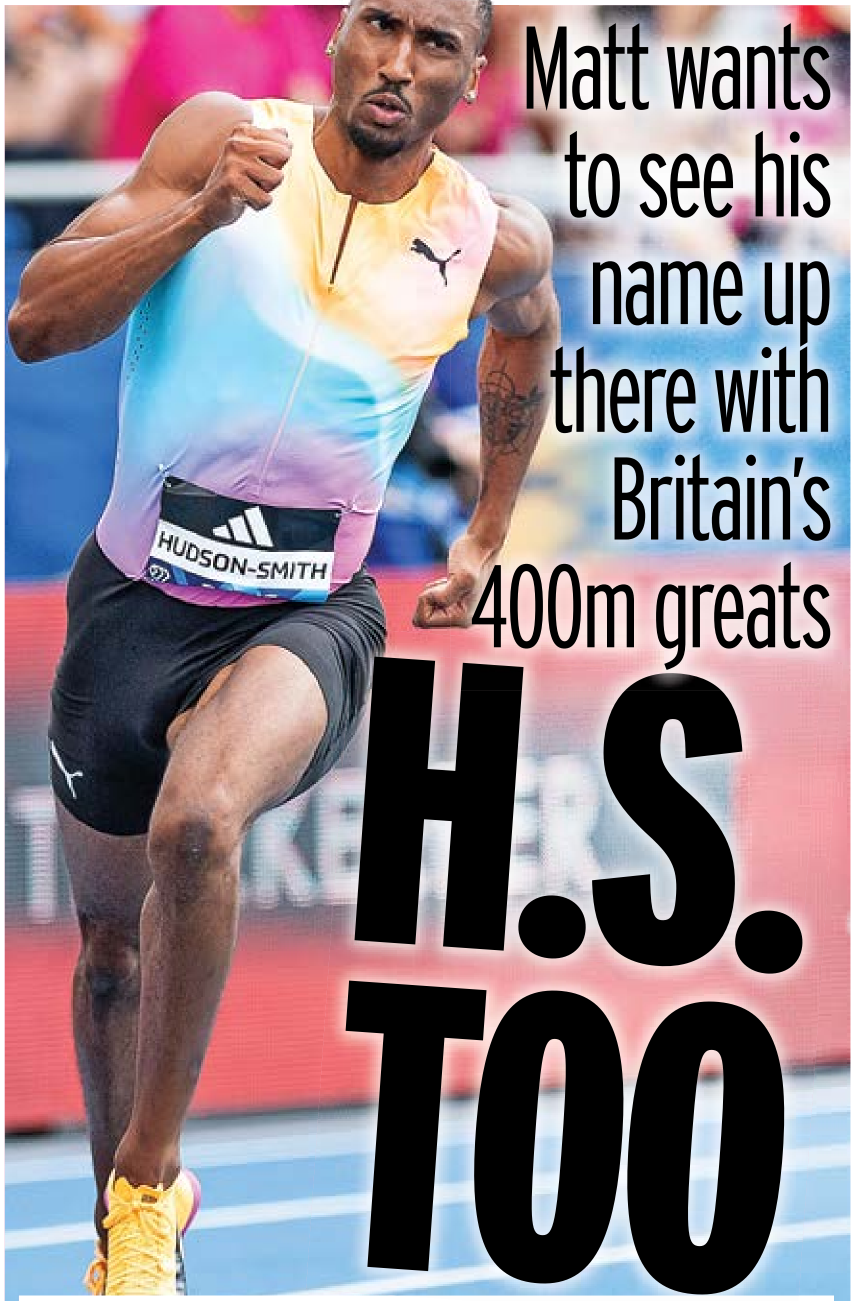
TRIBUTE TO A FOOTBALLING LEGEND



VISIT **WWW.REACHSHOPS.CO.UK/KEEGANTRIBUTE**
OR PICK UP IN PARTICIPATING RETAILERS

Scan Me

Available to purchase in participating supermarkets, high street retailers and independent newsagents from August 15, 2026. For online purchases postage and packaging applies.



Matt wants to see his name up there with Britain's 400m greats

H.S. TOO

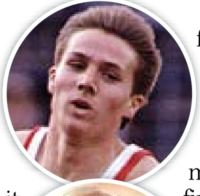
BY **PHIL CAMPBELL**

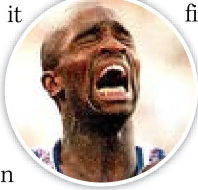
MATT HUDSON-SMITH is a man on a mission in Birmingham this week as he pursues a statement performance at the European Athletics Championships.

While a fifth European gold is certainly on the agenda for Hudson-Smith (above), the 400m specialist wants to leave an indelible imprint on British athletics at the event, which begins tomorrow morning and runs until next Sunday.

The Wolverhampton-born sprinter has had a stand named after him at the Alexander Stadium, the 18,000-capacity host of these European Championships.

And he'll be looking to do it proud as he returns to the home of his first club to compete in the first ever Europeans to be hosted on UK soil.





Hudson-Smith, European record holder over 400m, said: "In a sense, I've got the medals and the records. For me now, it's more about legacy, showing people it can be done.

"The goal is to win. That's the same every time I step onto the track.

"But we already have a rich 400m history with runners such as Roger Black (inset top), Derek Redmond (inset) and Martyn Rooney and I want to leave my own imprint and show we are a sprinting nation."

Hudson-Smith, 31, was in fine form at the recent UK Championships in Birmingham, claiming a sixth national 400m title, coming home in 44.45secs ahead of Ben Jefferies and Charlie Dobson.

The Olympic 400m silver medallist missed last year's UK event and did not make the final at the 2025 World Athletics Championships in Tokyo.

Now back to full fitness, the Birchfield Harrier said: "Last year there were a lot of complications. I was world No.1, it was a whirlwind.

"I was at the hospital bed for five days due to my wife giving birth, and when I got to the Worlds, I was injured.

"I went in compromised, from world No.1 to hardly making it out of the semi-final, which was tough. But it's part of the sport really.

"My coach said I needed to make a statement coming into the Europeans to show that I'm back.

"I am excited to represent Great Britain and my family and I'll put on a show at the Europeans."

"Hopefully it's a British one-two-three and it's me first," he laughed.

"The city, Wolverhampton, Birmingham, has done so much for me and its home. If we had good weather, I would never leave.

"It means the world to me to come back here, run and just show my talents to the kids here.

"For me, it's like, 'How can I impact people?' I just want to give back and create my own legacy."

■ *Novuna is the Official Finance Partner of British Athletics and proud sponsor of the GB & NI Athletics Team. From everyday goals to world-class dreams, Novuna backs the ambition of millions across the UK – from supporting British businesses and individuals' plans, to powering British Athletics on the global stage. Find out more at www.novuna.co.uk*

EXCLUSIVE

BY **GARY FITZGERALD**

OLLIE'S 'HEAD IN RIGHT SPOT' TO LEAVE ASHES FLOP BEHIND

OLLIE POPE is itching to get back out into the heat of Test battle and prove against Pakistan that he does have the mental and physical powers to thrive once more.

Having been given a lifeline back into the England squad following his Ashes failure last winter, the 28-year-old believes he is in a good place now to go again on the international stage.

Joe Root's return as team leader was instrumental in the door being opened again for Pope, whose woes Down Under saw him average 20.8 in six innings.

And the shoulder injury Emilio Gay (inset, top) sustained playing for Durham in the One Day Cup on Friday could just have nudged him a little closer to a potential start in the first Test against Pakistan at Headingley on August 19.

England are now assessing the damage to Gay and, with less than two weeks before the opening clash with the tourists in Leeds, will need to weigh up possible opening partners for Ben Duckett.

But with those options limited – especially anyone with real depth of Test experience who is in form – asking Pope to step up to do the job for only the second time cannot be ruled out.

The Surrey batsman with 64 Tests behind him did just that against Pakistan two years ago and his hard work sorting out his technique has recently paid off with strong performances for his county.

He has hit 510 runs in his 12 County Championship innings this summer averaging 56.

Pope, who lost his England No.3 spot to Jacob Bethell (left) after the third Test loss to Australia (right), would jump at the chance of batting anywhere in the line-up.

The former vice-captain said: "I've always had an open mind about moving up the order. I feel I have a game that can adapt to any conditions.

"Last winter was tough and two bad games in The Ashes cost me my spot. The feeling out there was shocking... it was a pretty bang-average feeling!

"There's a perception that it was more of a mental thing for me but I couldn't disagree more. My technique and game wasn't where it needed to be, and against the best in the world you get exposed pretty quickly.

"I understood the change to the team at the start of the summer.

"The main thing is what they think the best team is now – and the fact I'm in the frame for a place is a massive positive.

"It's great they had the confidence to pick me. I'm just focusing on making sure my game's as ready as it can be.

"It's now about making sure I've smoothed out the technique and got my head in the right spot."

He added: "I still have got a lot to prove against Australia. So playing again in The Ashes here next year is clearly a big goal for me."

England squad

Root (c), Archer, Atkinson, Bashir, Brook, Carse, Cook, Cox, Duckett, Fisher, Gay, Lawrence, Pope, Robinson, Smith, Tongue

Land of Pope & glory

URN BID'S ON GRIN ICE

Australia's bowlers wiped the smile off Pope's face Down Under last winter

RUGBY LEAGUE SUPER LEAGUE

GIANT CONTRIBUTION Winger Sam Halsall touches down for Huddersfield

SAM'S DOUBLE MARKS GIANTS' HOME SWITCH

Huddersfield 42 Catalans 20

BY **WILLIAM JACKSON**

CRISIS CLUB Huddersfield Giants will call Dewsbury's Flair Stadium their new home from 2027.

The Giants have been looking for a new home over the last few years amid widespread acceptance the 24,500-capacity Accu Stadium is unsuitable.

The club were initially keen on using Halifax's The Shay as a temporary base while plans for a new purpose-built stadium were put in place.

However, the Giants have now confirmed they will move 10 miles to Dewsbury after agreeing to share the Rams' ground from next season while they look for a permanent base.

Giants owner Ken Davy said: "It's no secret that we have fought to find a home in Huddersfield.

"The Flair Stadium is the perfect location, it will have the right capacity and facilities for the Giants and its fans to thrive while we continue the search for our permanent home. Our one giant future starts now."

The Giants have announced plans to put more than £10million into the ground to build a new stand, increase the capacity from 5,000 to 8,000, improve facilities and bring the venue up to Super League standards.

Davy added: "My overriding aim is to create a purpose-built stadium within Huddersfield for the Giants to call home.

"My commitment on that has not wavered."

The Giants marked the announcement with a rampant 42-20 win over Catalans Dragons, having raced into a 36-0 lead before the break at the Accu Stadium.

Fit-again Sam Halsall and Connor Wrench each crossed twice, with Fenton Rogers, Sam Hewitt and Zane Dunford also scoring tries.

Catalans, down to 12 men following Franck Maria's dismissal, replied through Ben Condon's brace and tries from Leo Darrelatour and Charlie Staines.

After their third win in a row, Giants coach Jim Lenihan said: "It's been a good club day. Really happy all round."

Wigan 48 Toulouse 18

BEVAN FRENCH inspired Wigan to a 10th straight Super League win as they climbed to second in the table.

The Warriors only led 24-18 at half-time with Zach Eckersley, French, Liam Marshall and Noah Hodkinson touching down.

But with French sparkling, Eckersley, Sam Eseh, Jai Field and Marshall crossed for tries. Harry Smith finished with eight goals.

Hull fires to stay in the hunt

GOLF

CHARLEY HULL is three shots off Canada's Anna Huang heading into today's final round of the PIF London Championship at Centurion Club.

After setting a course record 62 on Friday, the Englishwoman shot nine birdies in a round of 67 to move to 16 under but Huang's 65 saw her hold her lead on 19 under.

Hull (above) posted on X: "I felt great out there today, everything came together beautifully."

Irishwoman Aine Donegan's 69 leaves her in third on 11 under.

GILBERT WIN JUST DIVINE

SNOOKER

DAVID GILBERT ended Ding Junhui's hopes of a third China Open title with a crushing 6-1 victory in Taiyuan.

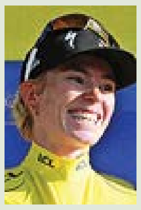
The Englishman (inset) rolled in breaks of 69, 53, 67, 72, 110 and 103.

"Ding is a god and we can only thank him for what he has done for snooker," said Gilbert.

"I've so much respect for the guy. To get a win over him and to play well is brilliant for me."

Mark Williams lost 6-3 to Zhou Yuelong while Wu Yize, playing a ranking event match as world champion for the first time, beat Yao Pengcheng 6-5.

Demi has more than a chance



CYCLING

DEMI VOLLERING has an eight-second lead going into today's Tour de France Femmes finale after claiming victory on stage eight from Sisteron to Nice.

The Dutch rider (above) came home 17 seconds ahead of Elisa Longo Borghini and Poland's Kasia Niewiadoma-Phinney yesterday.

The latter is her nearest challenger with Swiss star Marlen Reusser over a minute behind ahead of the 99.2km showdown on the mountain in Nice.

ROCKETS NAT TO BE DENIED

CRICKET

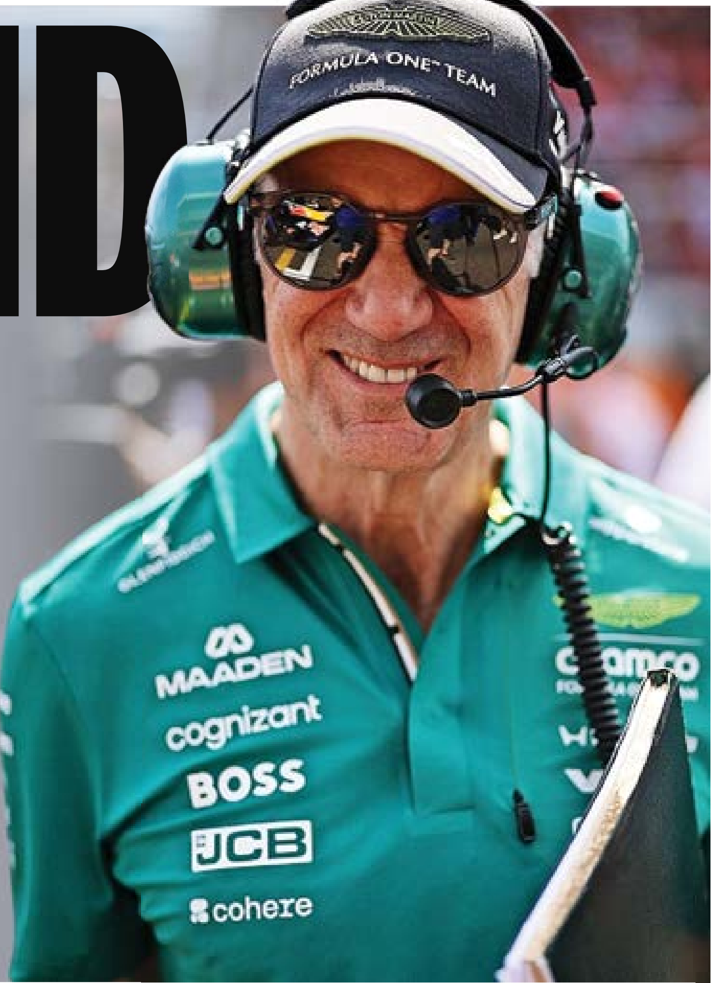
NAT SCIVER-BRUNT and Beth Mooney both made half-centuries as Trent Rockets sealed their place in The Hundred knockout phase with a nine-wicket win over MI London at The Oval.

Sciver-Brunt (inset) struck one six and nine fours for a 36-ball 67 and opener Mooney hit six fours in an unbeaten 54 off 44 deliveries.

The Rockets cruised to victory with 18 balls to spare after MI London had been restricted to 121-5.

Australian spinner Sam Bates did most of the damage with the ball for the Rockets as she took 3-13.

A BRAND NEWEY START



Aston Martin guru is force keeping long-term project on track

EXCLUSIVE BY **DANIEL MOXON**

ADRIAN NEWEY has helped miserable Aston Martin staff keep the faith during a torrid Formula One season.

That's the claim made by ambassador Pedro de la Rosa at a key moment in the project – as optimism creeps back in.

Celebrated designer Newey's first Aston Martin car is a dud and the Honda engines that propel it have been unreliable and down on power.

At the lowest point, the car was more than four seconds per lap off the pace leaving Fernando Alonso and Lance Stroll powerless on track.

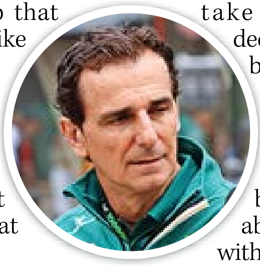
But De la Rosa (inset) – who raced in F1 for the likes of Jaguar, McLaren and Sauber – insists the faith in Newey to deliver has not wavered.

He said: "After such a difficult start, if you don't have someone like Adrian in the team, we wouldn't have been able to keep as strongly united as we have. And that is key.

"Having a person like him, a leader, makes the difference. It doesn't take a lot in a Formula 1 team to actually lose track and start doubting your own tools, about your own people, about everything.

"Having Adrian has been absolutely key in actually keeping us as strongly united as we are. We should not underestimate this quality.

"It's not only about being a genius behind the drawing board, it's a lot more. Adrian brings a lot more, brings that leadership that you need in situations like we've experienced."



Aston Martin finally brought its first huge upgrade package to Hungary just before the summer break and it immediately halved that massive pace deficit.

And there's more on the way with a new Honda engine ready for the first race back, at Zandvoort, and another chassis package to follow not long after.

While other teams have made smaller improvements to their car as the season has gone on, Newey and Aston Martin decided early on to hold fire. Teams must watch the pennies in this budget-cap era and Newey (above) felt their best shot was to focus on a complete redesign.

But that took time and meant months of enduring the pain as they flopped on track.

De la Rosa said: "You have to be very brave in any Formula 1 team to take mid-to-long-term decisions. They are correct, but sometimes you don't make it that far, for many reasons.

"That is a huge quality that Adrian has brought here, which has absolutely nothing to do with his strength behind the design process."

Whatever Aston Martin's upgrades deliver this season, it seems too late for it to have any bearing on Alonso's big decision.

Now a father, he turned 45 last month and said he will decide this summer whether or not it will be his last year on the F1 grid. An ambassadorial role is waiting for Alonso at Aston Martin, though De la Rosa thinks the team will benefit from having him out there on track for a little longer.

He said of his fellow Spaniard: "As a friend as well, I hope he stays. Fernando works so well with Lance together, as a team-mate.

"I think it helps the fact that Fernando is at the end of his career and Lance has a whole career in front, so Fernando is really not in a position of hiding anything or playing tricks.

"He's just been very open. I think Lance realises that, and they really get on very well, which is critical.

"I hope he stays but whatever he decides, he will play an important role. He's just a big asset for us.

"If he stays as an ambassador, I'm sure that he will do a much better job than myself!

"I just hope he stays in the sport. Because if he doesn't stay here, he will definitely race elsewhere. In F1, he still deserves to achieve a good result. Then we will let him leave."

BOSS
BREITLING
aramco
14

HE'S THE DADDY
Fernando Alonso in his Aston Martin at the Hungarian Grand Prix in the month he turned 45

Espirito's away

BY **DARREN WELLS**

TATY AND BOWEN HIT GROUND RUNNING TO GET NUNO FLYING

WEST HAM	**3**
PORTSMOUTH	**1**

NUNO ESPIRITO SANTO insisted he and his West Ham players "need to focus" on football matters after their 3-1 win over Portsmouth was watched by under-fire co-owner David Sullivan.

Sullivan took his spot in the stands to watch the Hammers come from behind to beat Pompey and book their spot in the Carabao Cup second round, despite being advised not to attend by stadium operators amid allegations of sexual misconduct, which he denies.

The hosts went behind to an Adrian Segecic effort in the 33rd minute before Jarrod Bowen's goal and a Taty Castellanos brace completed the fightback in front of the largest-ever crowd – 53,369 – at a Carabao Cup first-round match.

Nuno (inset) said: "We are focused on the pitch. The noise that comes from outside cannot distract us.

"We're going to find a lot of noise so we need to focus on the game, do our job, and the players did.

"It is good to start with a win, especially at home with 50,000 fans inside the stadium. We can't thank them enough, it's amazing."

The Hammers' pedestrian start was punished by Pompey in the 33rd minute when Segecic controlled Max Kilman's clearance. The Croatian then let fly with a left-footed shot which rebounded off the West Ham defender and into the bottom corner to the delight of the 9,000 travelling Pompey fans.

Portsmouth enjoyed most of the possession in the first half – with new signing Rocco Shein impressing in midfield – much to the frustration of the home fans. And the visitors came close to a second just before the break as Shein let fly with a right-footed shot from distance which was dealt with by the diving Mads Hermansen.

That jolted West Ham into life and they drew level when Mohamadou Kante's simple cut-back was directed into the far corner by Castellanos on 43 minutes.

Captain Bowen then put the hosts in front two minutes later after latching on to Pablo's mis-controlled pass and sending Nicolas Schmid the wrong way with a deflected effort, off the head of Conor Shaughnessy, from range.

The victory was sealed in the 50th minute when Castellanos nodded in Bowen's cross following good work from Kyle Walker-Peters to start the attack.

"It's a good way to start the season," said Bowen. "We knew it was going to be a good test. At first, we probably weren't at the levels we'd expect, but then we got the goals in quick succession.

"We know there's going to be an expectation this season that we're going to get results week in, week out, but we know we're going to have setbacks in games and there are going to be times when we're going to have to fight.

"We have to show we're a winning side, and we did that today."

Portsmouth manager John Mousinho was pleased with the way his side started the game but left London Stadium with regrets.

He said: "Frustrated at the way the game played out. I thought we were excellent for 40 minutes.

"We played so well and then just shot ourselves in the foot. Five minutes of madness against a side like West Ham.

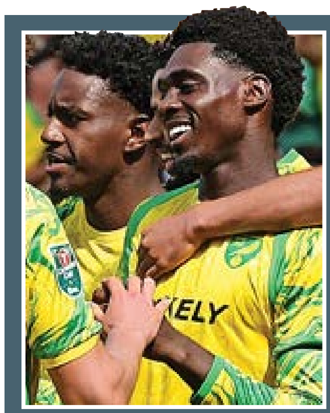
"If you give them that slight opening, they're going to take it because they've got that quality all over the pitch."

BOYLE SPORTS
UNIVERSITY OF PORTSMOUTH
19
19
16

BOWEN ARROW Jarrod Bowen strikes to put West Ham in front in the tie

CUP ROUND-UP

WALKER KEEPS HIS COOL AS CLARETS SURVIVE SCARE



EARLY BIRD Canaries' Toure

BY **DARREN WELLS**

BURNLEY saw off League One Notts County 4-3 on penalties after a 1-1 draw in the Carabao Cup first round.

Veteran Kyle Walker scored the winning penalty after Clarets goalkeeper Max Weiss had saved from Emile Acquah and Jacob Bedeau.

Callum Roberts had given County the lead in the first half at Turf Moor before Zian Flemming's 47th-minute goal.

Blackburn needed two goals in the last 10 minutes to win 2-1 at Burton.

Substitutes Andri Gudjohnsen and Jayden Fevrier sealed the win after 18-year-old Zac Scutt had opened the scoring.

Derby crashed out after a 2-1 home defeat to Championship new boys Lincoln.

Goals from Ben House and Dom Jefferies had the visitors 2-0 up after 23 minutes before Sam Szmodics' brilliant 25-yard volley into the top corner.

Marc Bola snatched Watford a dramatic 99th-minute winner to sink battling League Two Crawley 1-0 at Vicarage Road in Alessio Dionisi's first game in charge of the Hornets.

Jimmy-Jay Morgan was twice on target on his West Brom debut as they thrashed Rotherham 4-1 in Yorkshire.

Mohamed Toure struck in the first minute and Andre Brooks scored on his debut as Norwich cruised to a 4-1 victory over visitors MK Dons.

RESULTS & FIXTURES

ACARABAO CUP — 1st rd: AFC Wimbledon 1 Newport County 1 (AFC Wimbledon win 5-4 on penalties), Barnsley 1 Wigan 1 (Barnsley win 6-5 on penalties), Bradford 2 Rochdale 0, Bristol Rovers 0 Peterborough 1, Bromley 1 Reading 1 (Reading win 5-4 on penalties), Burnley 1 Notts County 1 (Burnley win 4-3 on penalties), Burton Albion 1 Blackburn 2, Cambridge Utd 2 Barnet 1, Cardiff 3 Swindon 2, Cheltenham 1 Charlton 3, Colchester 0 Southampton 2, Crewe 2 Accrington Stanley 1, Derby 1 Lincoln City 2, Fleetwood Town 1 Chesterfield 0, Gillingham 0 Luton 3, Grimsby 1 Blackpool 3, Leicester 1 Northampton 0, Leyton Orient 2 Oxford Utd 0, Norwich 4 Milton Keynes Dons 1, Preston North End 1 Huddersfield 1 (Preston North End win 4-3 on penalties), QPR 1 Millwall 1 (Millwall win 2-0 on penalties), Rotherham 1 West Brom 4, Salford City 1 Shrewsbury 1 (Shrewsbury win 4-3 on penalties), Sheff Wed 1 Bolton 0, Stockport County 1 Doncaster 1 (Doncaster win 5-4 on penalties), Stoke 2 Oldham 0, Swansea 0 Birmingham 1, West Ham 3 Portsmouth 1, Watford 1 Crawley Town 0.

WILLIAM HILL SCOTTISH PREMIERSHIP: Dundee 2 Aberdeen 0, St Mirren 1 St Johnstone 0.

ENTERPRISE NATIONAL LEAGUE: AFC Fylde 2 Wealdstone 2, Altrincham 1 Southend 3, Boreham Wood 3 Tamworth 3, Boston Utd 0 Aldershot 1, Carlisle 2 Worthing 3, Eastleigh 2 Gateshead 1, Forest Green 3 FC Halifax 2, Harrogate Town 5 Solihull Moors 2, Hartlepool 2 Barrow 0, Hornchurch 3 Kidderminster 0, Scunthorpe 1 Yeovil 1, Woking 0 Sutton Utd 3.

RUGBY LEAGUE

Betfred Super League

BRADFORD............L **WARRINGTON** L
HUDDERSFIELD... 42 **CATALANS D** 20
WIGAN................ 48 **TOULOUSE**.......... 18

	P	W	D	L	F	A	Pts
Leeds	22	18	0	4	768	326	36
Wigan	22	17	0	5	655	401	34
Wakefield	22	16	0	6	609	376	32
Hull K R	21	14	0	7	632	339	28
Warrington	20	14	0	6	526	346	28
Leigh	22	14	0	8	488	412	28
St Helens	22	12	0	10	502	492	24
Catalans D	22	9	0	13	439	663	18
Toulouse	22	7	0	15	450	592	14
York	22	7	0	15	444	635	14
Castleford	22	7	0	15	390	702	14
Hull	22	6	0	16	385	481	12
Bradford	21	6	0	15	382	629	12
Huddersfield	22	5	0	17	375	651	10

CRICKET

THE HUNDRED (MENS) — MI London Men 147-7 (100 Balls; S M Curran 72); **Trent Rockets Men 148-4** (90 Balls; M J Santner 52no) *Trent Rockets Men win by 6 wickets*

(WOMENS) MI London 121-5 (100 Balls; S L Bates 3-13); **Trent Rockets 125-1** (82 Balls; N R Sciver-Brunt 67no; B L Mooney 54no) *Trent Rockets win by 9 wickets*

Manchester Super Giants 139-4 (100 Balls; R M Ghosh 54); **Southern Brave 112-6** (100 Balls; M K Villiers 3-17). *Manchester Super Giants win by 27 runs*.

GOLF

LADIES EUROPEAN TOUR PIF (London Championship, Centurion Club, St Albans, England) — **3rd Round**: (Gbr & Irl unless stated, Par 73): **200** A Huang (Can) 67 68 65, **203** C Hull 74 62 67, **208** A Donegan 70 69 69, **209** P Tavatanakit (Tha) 74 69 66, L Hall 71 67 71, **210** K Bennett (Aus) 68 71 71, **Also 213** A Hewson 74 66 73, **215** G Hall 74 71 70

TODAY

Carabao Cup 1st Rnd: Mansfield v Sheffield Utd (4pm) (Live on Sky Sports Main Event).

William Hill Scottish Premiership: Hearts v Dundee Utd (3pm), Kilmarnock v Celtic (1.30) (Live on Sky Sports Main Event), Motherwell v Falkirk (3pm), Rangers v Hibernian (4pm) (Live on Premier Sports).

CRICKET

One-Day Cup - Group A/B (11am)

1-2-X CHECK

POOLS NUMBER	FULL TIME
1	1
2	SUN
3	SUN
4	1
5	2
6	1A
7	3
8	1
9	L
10	L
11	1A
12	L
13	1A
14	1
15	1
16	1
17	1A
18	1
19	1
20	3
21	1A
22	3
23	3
24	1A
25	1
26	3
27	1
28	1A
29	1A
30	1
31	1A
32	1
33	1A
34	1A
35	1
36	3
37	3
38	1
39	3
40	L
41	L
42	SUN
43	3
44	L
45	2
46	SUN
47	L
48	L
49	SUN

As the Championship prepares to kick-off on Friday, RYAN TAYLOR runs the rule over the potential winners and losers. Which clubs have the Premier League in their sights and which ones are nervously looking over their shoulder at League One?

BIRMINGHAM

Big pressure on Chris Davies to deliver after the club fell short in the promotion race last season. They have recruited well, re-signing Jhon Solis and James Beadle and home form will be key. After falling behind 24 times last term, they only bounced back once - a mentality issue they must rectify.

Best transfer: Luis Vazquez
Target: Play-offs
Last season: 10th

BLACKBURN

Tony Mowbray is hoping a strong dressing room culture can be the secret ingredient for Rovers this season. Transfer funds have been tight but they showed in spells at the back end of last season what they are capable of. They still only scored 42 goals, though, their lowest total since back in 2010.

Best transfer: Jayden Fevrier
Target: Survival
Last season: 20th

BOLTON

Steven Schumacher has frustrations with his budget as he wants Bolton to upset the apple cart this season, but the loss of loanee Amario Cozier-Duberry feels damaging. Still, Wanderers were the only side to have over 1000 shots in League One last term and a similar output would clearly lead to goals.

Best transfer: Gaizka Larrazabal
Target: Survival
Last season: 5th League One

BY **TOM VICTOR**

HOT RROD

Hammers fancy their chances of Prem return with Bowen at the helm

WEST HAM UNITED might be playing in a lower division than at this time last year but there's considerable optimism around the London Stadium.

Positivity is in stark contrast to the gloom that surrounded the Hammers' relegation in May but there are reasons to be cheerful – not least Jarrod Bowen's decision to stay.

Club captain Bowen, who has scored 85 goals and provided 63 assists in his Hammers career, narrowly missed out on a place in Thomas Tuchel's England squad and had been tipped for an immediate move to a club still in the Premier League.

But the former Hull forward was convinced to stay and lead a promotion charge after meeting with club chiefs and negotiating a £15million release clause in his contract if promotion is not won automatically.

Bowen (right) said: "I said after the final game of last season that my vision was to get this club back in the Premier League.

"Sometimes you think it falls on deaf ears and people reckon, 'He's just saying that'.

"But when I say something, I don't hide away from it.

"It was a no-brainer for me to be here and the vision is clear, it's the Premier League."

The last time Bowen was in the Championship, he scored the seventh-highest number of goals in the competition despite leaving Hull for West Ham in the middle of the 2019-20 campaign.

He isn't the only one hoping to call upon expertise at this level to lead the Hammers back up at the first time of asking.

Nuno Espirito Santo couldn't keep the team in the top flight, though there was a notable improvement after he was allowed to bring in some of his own signings in January.

The Portuguese coach has won the Championship before, albeit nearly a decade ago with Wolves, and is ready to target another title. There has been uncertainty behind the scenes at the club, with joint-chair David Sullivan stepping down and a consortium including Amanda Staveley now looking to take a stake.

But the Hammers have insisted this won't affect day-to-day affairs. West Ham know they will be there to be got at, though, and need to keep their focus.

Fullback Kyle Walker-Peters (Southampton, 2023-24) and goalkeeper Mads Hermansen (Leicester, 2023-24) have both earned promotion to the top flight before.

Walker-Peters said: "Other teams will make it difficult for us, but we just have to focus on ourselves, do our work and be confident."

Nuno's own decision to stay on in the hot seat could well be a factor in convincing important players to follow his example.

Of course, there have been some of the sort of sales which naturally follow a drop down to the second tier.

The departure for Belgium of academy graduate Freddie Potts hasn't gone down well with everyone.

But bringing in about £140m for midfielders Mateus Fernandes and Crysencio Summerville should mean that the club can be more selective when it comes to any further sales.

The challenge is to rebuild with Bowen at the core – while the clock is ticking to get the necessary deals over the line.

WEST HAM

West Ham have plenty of cash to spend but they are taking their time to strengthen their squad as they want the right characters. Keeping head coach Nuno Espirito Santo feels big but retaining the services of Jarrod Bowen is even bigger. The Irons are rightly favourites for the title this season.

Best transfer: Keeping Bowen
Target: Title
Last season: 17th Premier Lge

BRISTOL CITY

Added huge firepower in Lorent Tolaj and Dom Ballard after prising Michael Skubala away from Lincoln City. Had some mixed pre-season results but thumped Newcastle 4-1 at Ashton Gate and look to be dark-horses in play-off race. Scott Twine and Emil Riis are also capable of delivering the goods.

Best transfer: Dom Ballard
Target: Play-offs
Last season: 12th

NORWICH

The Canaries looked doomed when Philippe Clement took over last November, but they won 17 of their next 31 games before narrowly missing out on the play-offs. Norwich have built a side that nobody wants to play against and January signing Mohamed Toure is set for a key role this season. Andre Brooks also looks a top addition and recruitment work has generally been promising at Carrow Road.

Best transfer: Andre Brooks
Target: Play-offs
Last season: 9th

BY **TOM BLOW**

CANARIES IN THE

OVER the next week, the usual suspects will be tipped for promotion to the Premier League.

The three relegated sides – West Ham, Wolves and Burnley – will all be fancied, as will the perennially glamorous Wrexham.

But there's always a team that defies parachute payments and takes the Championship by storm. And it could be Norwich this season. The Canaries have been looking up ever since Philippe Clement joined the club last November. He inherited a brittle team in the relegation zone and turned them into play-off contenders. Only six teams beat Clement's men after the turn of the year, seeing them finish ninth.

Norwich have plenty of momentum, just like Frank Lampard's Coventry did heading into last season. Like Clement, Lampard turned the Sky Blues from relegation candidates to promotion hopefuls inside six months.

Now, the former Rangers boss will aim to follow in Lampard's footsteps this season and reach the Premier League.

Norwich have already done plenty of good business this summer.

Armed with cash thanks to Josh Sargent's sale to Toronto in February,

BURNLEY

Big season for the Clarets under new boss Nicky Hayen. They will be well fancied for promotion, but incomings have been minimal and there has been a raft of departures, not least Jaidon Anthony, Loum Tchaouna, Max Esteve and Lesley Ugochukwu.

Best transfer: Ugo Raghouber
Target: Promotion
Last season: 19th Premier League

CARDIFF

Highly-rated boss Brian Barry-Murphy has had the Bluebirds flying in pre-season. Cardiff even hammered Roma 4-1 and also scored 11 goals across two other friendlies against Cork City and Forest Green. Last season they had a league-high number of shots on target.

Best transfer: Jack Moylan
Target: Mid-table
Last season: 2nd League One

CHARLTON

Good home form feels imperative for Nathan Jones as the Addicks are being tipped to struggle. No team scored fewer first-half goals last season, so that is also something the south Londoners will seek to fix. Ex-Liverpool defender Billy Koumetio could also prove to be a decent signing.

Best transfer: Karlan Grant
Target: Survival
Last season: 19th

DERBY

The Rams had a great season last term but boss John Eustace is another manager that has complained about the lack of transfer activity. Signing Bobby Clark is a big coup, however, and there is firepower within Derby's squad. They need the investment of boxing billionaire Turki Alalshikh.

Best transfer: Bobby Clark
Target: Play-offs
Last season: 8th

LINCOLN

Losing Michael Skubala was tough on the Imps but Chris Cohen and Tom Shaw can steer the ship. Landing Spurs youngster Mason Melia on loan was a major coup, given there were upwards of 30 clubs interested in the teenager. Jack Moylan will be a huge miss though.

Best transfer: Mason Melia (loan)
Target: Survival
Last season: League One winners

MIDDLESBRO

Losing Championship Player of the Year Hayden Hackney to Everton was a blow but Boro are armed with a cash stash following his exit to Everton and their sell-on clause for Morgan Rogers. Young striker Will Lankshear could have a stellar season after his permanent switch from Spurs.

Best transfer: Will Lankshear
Target: Automatic Promotion
Last season: 5th

WREXY FOOTBALL!

Windass: People know we are serious now

HE'S NOT JOSHING

Windass believes Wrexham can go all the way this term in race for the Prem

EXCLUSIVE **BY DANIEL MARSH**

IT was just the Hollywood ending that was lacking in Wrexham's bid to clinch an unprecedented fourth successive promotion last term.

The club's breakneck ascent from non-League to Premier League was postponed after Phil Parkinson's side fell two points short of a Championship play-off place.

For most other promoted clubs, there would be solace to take from a seventh-place finish – particularly as many had expected the Wrexham juggernaut to finally veer off track after churning through the divisions.

But as the Dragons' talisman Josh Windass rightly points out, of the clubs coming up from League One, 99 percent of them "don't sign the players we have".

> "The aim is top two and if you can't get there then it's the next best spot. We expect to be in and around those positions"

Attacking midfielder Windass was one of 13 stars Wrexham acquired last summer, and he said: "We had a Championship-ready team, but that will stand us in good stead this season.

"Statistically from November-December onwards, we were one of the top three or four teams in the league. With a few new additions I'm sure we can go one better."

Windass, 32, did not play any part in Wrexham's pre-season programme after sustaining a calf injury on the first day back after the summer break.

But when the ex-Sheffield Wednesday man is back up to speed, Wrexham boast one of the division's most productive threats out of midfield.

His tally of 16 Championship goals last term was only bettered by three players: Zan Vipotnik (Swansea), Ollie McBurnie (Hull) and Haji Wright (Coventry). Two of those are now Premier League players.

"Since I was 12 I have had a delusional belief that I'm the best player in every team I play in," Windass admitted. "I still believe that.

"Every game I go into, I have a belief that if I'm playing well and on my game, then nobody can really stop me.

"Like anything, because I speak about it, when you don't play well people like to bring it up and shoot you down.

"You can say it but you've got to believe it as well. I genuinely do believe it.

"The moments I've produced all through my career and the goals, the performances I've put in all back that up.

"It's my role in the team – people look to me for moments of magic to win football games.

"You're not always going to be consistent in the position I play. But I think in the past two or three years only Finn Azaz of Southampton is even close to the number of goals I've scored in the No.10 position in the Championship. So it's about going again.

"Teams expected to beat us at the start of last season. I think people now know we're serious.

"The aim is top two – and if you can't get there then it's the next best spot. We expect to be in and around those positions."

WREXHAM

Narrowly missed out on the play-offs last season but that won't bother Phil Parkinson as the Red Dragons have now had a taste for the Championship. They've kept the crux of their squad and are set to make further tweaks before launching a serious push for promotion.

Best transfer: Ben Whiteman
Target: Promotion
Last season: 7th

WOLVES

Wolves caused a stir by sacking Rob Edwards and bringing in Cesar Peixoto. They have the quality to seal an immediate return to the top-flight having kept Andre and signed Raul Jimenez and Kieran Trippier. The team was so bad, Molineux fell out of love with football last season but the 12th man will be key this time.

Best transfer: Raul Jimenez
Target: Title
Last season: 20th Premier Lge

WEST BROM

James Morrison knows the club inside out after saving the Baggies from relegation last term. But this feels like a season for consolidation, though there still may be scope to cause a few surprises along the way. Jimmy-Jay Morgan is a talent to watch following his transfer from Chelsea.

Best transfer: Felix Horn Myhre
Target: Mid-table
Last season: 21st

WATFORD

The Hornets are always hunting a Premier League return – but fans know this season could well be a struggle. They have another new manager in Alessio Dionisi and could yet lose star player Imran Louza on top of Giorgi Chakvetadze after failing to win any of their final eight matches last term.

Best transfer: Iker Bravo
Target: Mid-table
Last season: 16th

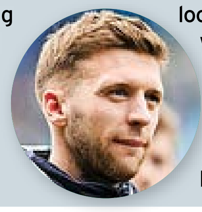
SWANSEA

The Swans are another side that could cause a few surprises. They have pulled off one of the Championship transfer coups of the summer in signing New Zealand attacker Elijah Just from Motherwell after he impressed at the World Cup. Coach Vitor Matos is building a team with promise.

Best transfer: Elijah Just
Target: Play-offs
Last season: 11th

PECKING ORDER

Clement has brought in experienced midfielder Sam Field (right) from QPR.



He's also persuaded Andre Brooks, Sheffield United's reigning Young Player of the Year, to quit South Yorkshire for Norfolk. Nabbing a star player from a potential play-off rival is quite the flex.

Field was persuaded to jump on the Clement train after sensing his ambition. The 28-year-old said: "This manager has an expectation to win every game, so he won't be looking at top two – he wants to win 46 out of 46. It's such a good mindset to have."

Ruairi McConville played a key part in Norwich's revival last season, forming a solid partnership with Jose Cordoba at centre-back. He's also full of confidence.

"We all have the same goal," said McConville. "We all want to be Premier League footballers.

"I think I'm at the best club and I've got the best manager to do that for me and a great group of lads that will make me better."

But injuries have kept Norwich in check.

Lucien Mahovo, Jovon Makama and Kellen Fisher will all miss their league opener against West Brom on Saturday, while Ali Ahmed hurt his knee during pre-season.

Clement has admitted the latter's injury "does not look good".

Yet there's no doubting Norwich are looking up rather than down. And with six play-off spots up for grabs this season, it's obvious what Clement has got his eye on.

"It is going to be a big ambition to be in the top eight," he said at a fan forum earlier this week.

The Canaries will surely be pecking on the door.

STOKE

Last season totally fell apart for Mark Robins but the Potters have done plenty of recruitment work and have so far kept Sorba Thomas. If they can retain the Welshman this season, they'll be optimistic of a play-off push. It's also vital they keep Bae Jun-ho amid interest from French giants Lyon.

Best transfer: Ethan Galbraith
Target: Play-offs
Last season: 17th

MILLWALL

The Den is itching to see Premier League football and two tasty derbies with West Ham beckon. Alex Neil is under pressure to deliver and he's built a squad capable of competing for a play-off spot again. Losing defender Tristan Crama to ankle surgery is an early-season problem though.

Best transfer: Kyrell Lisbie
Target: Promotion
Last season: 3rd

PORTSMOUTH

Portsmouth have done some sharp recruitment work since returning to the Championship. But the next step is tricky for ambitious boss John Mousinho. Abu Kamara's return is a major boost for Pompey following his spell in La Liga with Getafe.

Best transfer: Keeping boss John Mousinho
Target: Mid-table
Last season: 18th

PRESTON

Preston were one of the surprise packages of last season before falling away. Boss Paul Heckingbottom landed loanee Alfie Divine for a club-record fee from Spurs but he was left furious after losing captain Ben Whiteman to Wrexham. Sadly, funds have since dried up and more signings are needed.

Best transfer: Alfie Divine
Target: Play-offs
Last season: 14th

QPR

Rangers boasted the youngest squad in the division last year and, at times, it showed. They're capable of beating anyone on their day, but it's difficult to forecast where they will finish this season due to that inconsistency. Signing Glen Kamara on loan is also a major coup for the west Londoners.

Best transfer: Tariq Lamptey
Target: Mid-table
Last season: 15th

SHEFF UTD

Chris Wilder is relishing the chance to wipe the slate clean after penning a new deal with the Blades. Last season was a horror show but they're still lacking some quality and could yet lose key star Gus Hamer. The departure of Wilder's trusted No.2 Alan Knill may also weigh heavy on United.

Best transfer: Matt Doherty
Target: Play-offs
Last season: 13th

SOUTHAMPTON

Tonda Eckert has a lot to prove as he awaits a looming FA charge over Spygate. The only way to silence the haters would be to secure promotion and the permanent arrivals of Cyle Larin and goalkeeper Daniel Peretz will certainly bolster their chances of doing that.

Best transfer: Cyle Larin
Target: Promotion
Last season: 4th (chucked out of Play-offs due to Spygate)

Tributes to Parkes

WOLVES have paid tribute to former goalkeeper Phil Parkes, who has died aged 79.

Parkes (below) – who was 6ft 4in and known affectionately as Lofty – made 382 appearances in nearly two decades before his departure in 1978.

Wolves described Parkes, who played in a club record 127 consecutive league appearances in the early 1970s, as "one of the greatest ever goalkeepers to represent the club".

They added: "Asked in 2024 how he'd like his Wolves career to be remembered, he said: 'I hope my Wolves career is remembered with joy.

"I loved playing for this football club, I had a great time'.

"Thoughts and prayers are with Lofty's loved ones at this sad time."

Parkes finished his playing career in North America, including spells at Vancouver Whitecaps and Chicago Sting.

Enzo: Time for a reset

POST-PEP, PLAYERS CAN PROVE WORTH

NEW ORDER Maresca's ideas are being taken on board

BY **DARREN WELLS**

ENZO MARESCA has given Manchester City's players a clean slate to prove their worth as the club embarks on a new era after Pep Guardiola.

City's new head coach has the unenviable task of following the most successful manager in the club's history.

Even in one of the less successful campaigns under Guardiola last season, City still claimed two domestic cups and pushed Arsenal all the way for the title.

But ahead of their final pre-season friendly against Atletico Madrid today, before next Sunday's Community Shield curtain-raiser with Arsenal, Maresca has reiterated to his players that the past will have little bearing on their future.

"The only thing I said since I started to the players is that it is a reset," said Maresca.

"All of them start at the same level and pre-season will dictate a little bit the transfer window.

"This has been a general message for all of them – the ones who played more minutes or less last year. For me, it's a reset."

City have already lost several experienced heads this summer and could yet lose midfield talisman Rodri, while Elliot Anderson remains the only big-name signing in a club-record £116million deal.

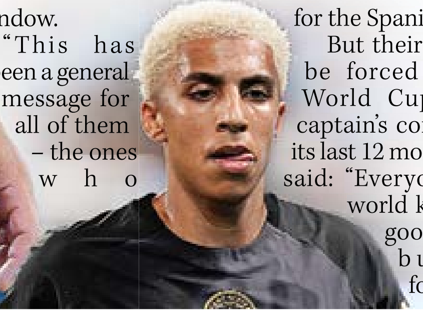
Yet, since his appointment, Maresca has been enthused by the approach and application of the players still at his disposal and believes his side will only improve the more time they spend together.

"The willingness has been very good since day one," he said.

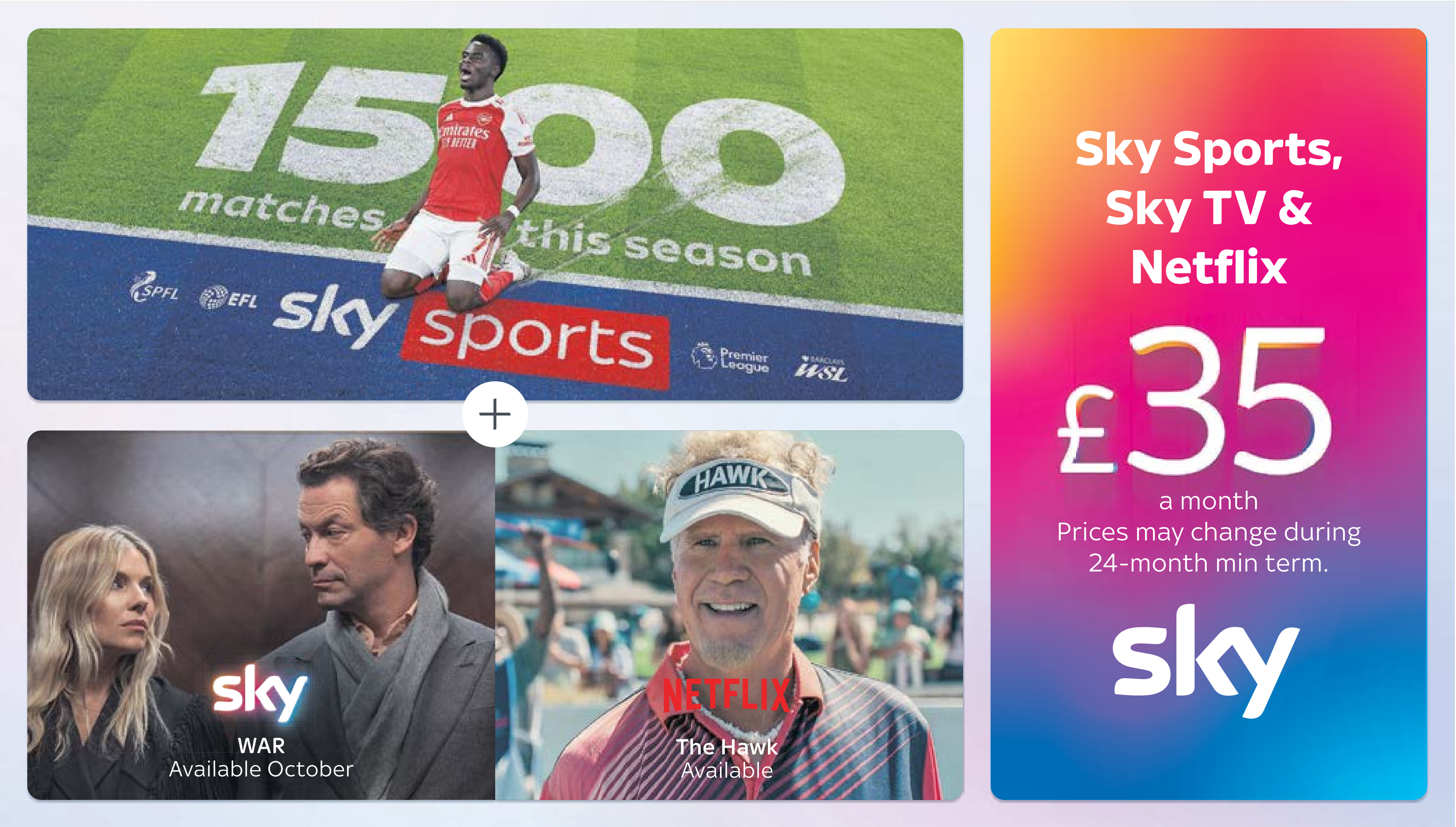
"They have been very open-minded with a new manager who has arrived and changed some patterns and structures, the way we want to play on and off the ball. This has been the main thing."

Meanwhile, Rico Lewis (below) says Rodri leaving City will just be "part of football".

City are reeling at the prospect of 2024 Ballon d'Or winner Rodri leaving after rejecting a £38.5m bid from Barcelona, while Real Madrid are also competing for the Spaniard.



But their hand may be forced with the World Cup-winning captain's contract into its last 12 months. Lewis said: "Everyone in the world knows how good Rodri is, but it's football."



Sky Sports, Sky TV & Netflix

£35 a month

Prices may change during 24-month min term.

sky

Search 'Sky Essential TV'

£15 Essential TV includes a selection of Sky channels.

New Sky TV customers only. Requires Sky Stream with 24-month minimum terms for Sky Essential TV (£15 a month) and Sky Sports Complete (£20 a month). Standard prices apply after, currently £21 and £35 a month. Essential TV includes Sky Atlantic, Sky News, Sky Sports Mix and Sky Sports Racing, Netflix Standard with ads and Discovery+ Entertainment - account set up required. Minimum broadband speed 25 Mbps recommended. All content available from October. 18+ UK Channel Islands and Isle of Man residential customers only. Further times apply.

PROBLEM SOLVING PLEASES CARRICK

BY **JACK FLINTHAM**

MANCHESTER UNITED boss Michael Carrick says he will not give his players all of the answers this season after they battled to a 1-1 draw with Paris Saint-Germain in Gothenburg.

United were slow out of the blocks and PSG made them pay as Ibrahim Mbaye tucked home Dro Fernandez's cross from close range in the second minute.

Carrick's side managed to regroup and forced some good saves from Matvey Safonov, before finding an equaliser when Bryan Mbeumo fired low into the corner on 32 minutes after good work from Amad.

United were the better side in the second half but couldn't break down PSG for the winner, though Carrick saw plenty of positives.

"It is good for the boys to problem-solve and find their own way, and I thought we did that," said Carrick.

"I don't want to always give them the answers when we don't have to because it prepares them for the new season as well. There were some good signs there."

New signing Youri Tielemans came off the bench to make his United debut while Andrey Santos played over an hour in a promising afternoon for boss Carrick, though Mason Mount was forced off in the first half with an injury.

United will now head to Dublin for a short pre-season training camp where Marcus Rashford will also join up with the squad ahead of facing Leeds at Croke Park on Wednesday, before meeting former head coach Ruben Amorim's new side AC Milan in Wroclaw, Poland on Saturday.

ALL THINGS EQUAL
Mbeumo is congratulated after drawing United level and (left) Zirkzee in action

MIDDLESBROUGH have completed the signing of Manchester United keeper Radek Vitek for £7million plus add-ons. The Czech, 22, who has signed a five-year deal at the Riverside, said: "It feels great to be here. This is a new challenge for me."

REAL STIEL

Saha backs Youri to be bargain of the summer

BY **CONNOR O'NEILL**

MANCHESTER UNITED landed the bargain of the summer transfer window when they signed Youri Tielemans last month.

That's the view of former Red Devils forward Louis Saha, who also believes Tielemans presents better value for money than Elliot Anderson, Mateus Fernandes and Sandro Tonali.

United sealed a bargain £35m raid on Aston Villa to snatch Tielemans (right) after a proposed £43m deal for Atalanta and Brazil midfielder Ederson collapsed following a medical.

Tielemans, 29, has 244 Premier League appearances to his name, having joined Leicester City from Monaco in 2019, before moving to Villa on a free transfer following the Foxes' relegation in 2023.

Saha (inset) said: "Tielemans is a bargain. He arrived under the radar because he's been in the Premier League for a long time.

"I think his name has been mentioned with United in the last two years. You can see he was really interested in coming to the club.

"That's what he said in his interviews. The way he's spoken reassures me as to why he's been brought in to replace Casemiro.

"He's experienced, he's played in the World Cup, played well, showed his aggression, which we need in midfield.

"His positioning is really, really good, and every touch is very efficient, so he doesn't lose the ball as much as other players.

"He doesn't create as much as Bruno Fernandes, but he's very mobile, so I like his profile. I think Tielemans with Santos can combine really well.

"I think there is unpredictability and power in that midfield."

United had been searching for at least one midfielder after signing Andrey Santos, 22, from Chelsea. They lost out on signing Mateus Fernandes and Elliot Anderson, who joined Tottenham and Manchester City, respectively.

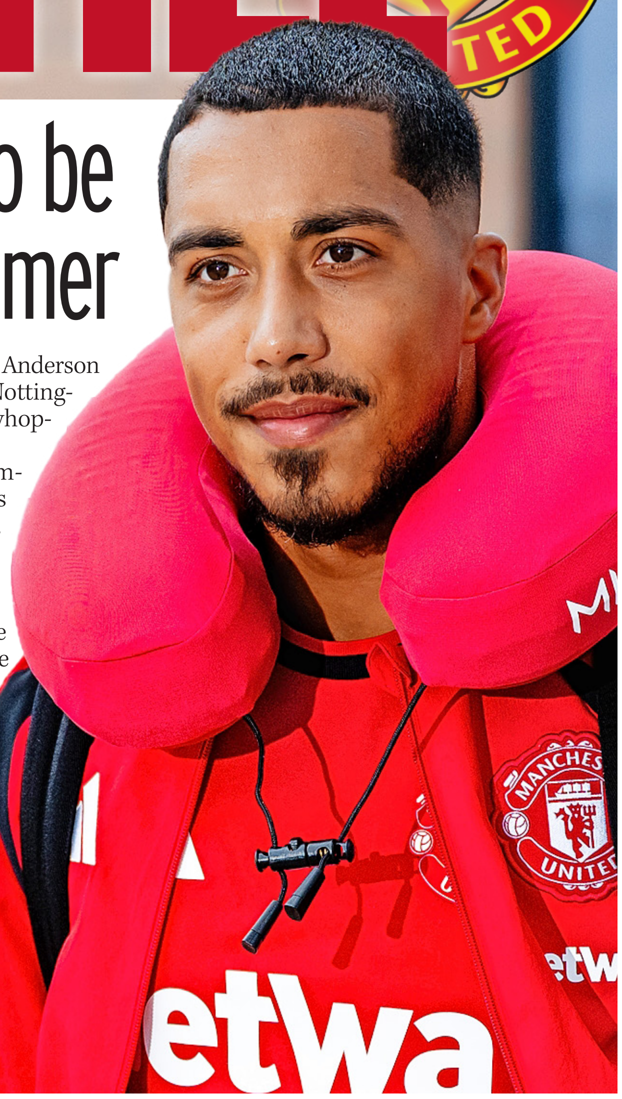
Fernandes moved to Spurs for £85m, with Tonali also costing them £100m, while Anderson joined City from Nottingham Forest for a whopping £116m.

"When you compare Tielemans with Anderson, Fernandes and Tonali, it's a bargain," Saha added.

"I think the price tag put on those kinds of players is ridiculous.

"We need more players who dedicate themselves and sacrifice to rebuild the legacy of Man United and I see this midfield as pivotal."

■ ***Louis Saha was speaking via PariuriX.com***



DAN'S GOLD TRAFFORD

BY **CONNOR O'NEILL**

DANIEL FARKE believes Leeds have acquired a "top class" goalkeeper in James Trafford and says he has the potential to go down as one of the club's best.

After Leeds beat RB Leipzig yesterday, he said: "I made no secret out of what I wanted in this position – a top-class player. Right now we've got one.

"So we are convinced of James (right). He has the potential to be an outstanding goalkeeper for us in the history of Leeds."

SANCHEZ EYES SIMPLE TIMES

FROM **BOBBY VINCENT** in Hong Kong

ROBERT SANCHEZ believes Xabi Alonso's "simplicity" will make him a better goalkeeper at Chelsea.

And he reckons competition with Mike Penders will benefit the Blues.

Sanchez, 28, had arguably his strongest season at the club last season – but it wasn't always easy.

Under Liam Rosenior, he was suddenly dropped for Filip Jorgensen at a crucial stage. Many felt the Spaniard didn't suit Rosenior's style of playing the ball out of defence.

But since Alonso has been manager, there has been a level of simplicity – and that is something Sanchez appreciates.

"It is the simplification of things," said Sanchez on Alonso (below). "He is allowing me to do what I am best at.

"He is allowing me to do what I do best and that means my confidence is going to be boosted and I am going to play better and better."

Penders, who arrived at Chelsea last summer but spent the last campaign on loan with sister side Strasbourg, is set to compete with Sanchez for the No.1 shirt.

The 21-year-old has recently joined up with the Chelsea squad for their pre-season tour after going to the World Cup with Belgium. And Sanchez predicts the competition will elevate their form.

"I think he is great," Sanchez said on Penders. "We already had him at the Club World Cup last year. He is a great, young goalie and he had a great season at Strasbourg last year."

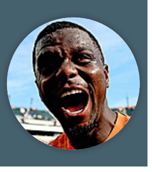
FOREST GET THEIR MANE

BY **CONNOR O'NEILL**

NOTTINGHAM FOREST are close to signing Ousmane Diomande from Portugal's Sporting CP.

The £34.3million deal is being finalised and the defender, 22, (inset) is expected to undergo a medical today before signing a five-year contract.

Forest have already completed the signing of Xaver Schlager on a free transfer from RB Leipzig, as new head coach Oliver Glasner begins to shape his squad at the City Ground.



THORN IN THE SIDE TO JEWEL IN THE CROWN

New boy Guimaraes can push Gunners to greater heights... instead of tormenting them!

Arsenal
SO
RE
TRAIN
Emirates FLY BETTER
Emirates FLY BETTER

MIK'S PICK OF BUNCH
Gunners boss Arteta gets his man as Guimaraes joins champions

Fly Emirates

INVINCIBLE BRAZILIAN Gilberto Silva played huge role in iconic Gunners side of 2003-04

Gilberto legacy inspiring Bruno

BY **DARREN WELLS**

BRAZIL star Bruno Guimaraes has vowed to "make history" at Arsenal – just like 'Invincible' Gilberto Silva did before him.

Arsenal's new £75million man Guimaraes has followed in the footsteps of his compatriot with the move to north London and hopes he can emulate defensive midfielder Gilberto's success at the club with more silverware.

Gunners legend Gilberto joined in 2002 and played a major role in Arsenal's historic unbeaten Premier League title-winning campaign of 2003-04.

And Guimaraes, who has signed up at the Emirates until 2030, with the option of a further year, revealed he had already spoken to Gilberto, now 49 and a Gunners ambassador, ahead of sealing his own move.

"I'm very excited," Guimaraes said. "I'm at the point of my life where I need a challenge like this. I want to win trophies, I want to make history and I think I'm in the right place to do it.

"Here, wearing this shirt, you have to go for winning trophies, winning everything we can.

"I want to put my name in the club history. Someday, when I leave, I want players to come here and say I want to do exactly what Bruno did for the club.

"I think it's the best thing that a player can do for any club – create history and inspire the young. I had the opportunity before to talk to Gilberto. I hope that I can follow him and make myself one of the very good players in Arsenal's history."

The Gunners had been locked in talks to sign Guimaraes for weeks and his arrival is a huge coup for the Premier League champions, who were only a penalty shoot-out away from also ruling Europe last season.

But the deal is a huge blow for Newcastle, who have lost another key player this summer in a transfer that Guimaraes described as "one of the toughest decisions of my life".

It was on Tyneside that the Brazilian star became an icon for Newcastle fans, after captaining the club to their first major trophy in 56 years by winning the 2025 Carabao Cup – and is now seen as one of the best midfielders in the top flight.

In a clear statement of intent, Arsenal sporting director Andrea Berta said that a signing of Guimaraes' stature was "essential for maintaining the standards required when we are aiming to win major trophies."

And Guimaraes, 28, admitted he was just happy to be lining up as a Gunner from here on, rather than as the opposition.

"Every time when I played against Arsenal it was very tough," he recalled.

"Joining the winners of the league is a big opportunity. I can play like a warrior, I'll never give up. I'm hopeful we can achieve our dreams."

MILEY'S MOMENT

BY **SEAN McCORMICK**

LEWIS MILEY has been tipped as the best hope for Newcastle's midfield after the exits of Sandro Tonali and Bruno Guimaraes.

Joelinton and Jacob Ramsey remain, while new Magpies signings Sean Steur and Aladji Bamba both have huge promise.

But head coach Matthias Jaissle is said to be a big fan of Miley, 20 – as was predecessor Eddie Howe.

And former Toon captain Michael Owen said: "Lewis Miley impressed me when he played last season and I think he has a big future.

"He is one player who can benefit from players leaving, should get more game time and look to show what he can do for Newcastle."

Former Newcastle star Chris Waddle agreed and said: "Lewis just signed a six-year contract, so that's how highly they rate him.

"He could be the player who gets in that midfield and could really help Newcastle out a lot."

No room for racism

EU BLIGHTER! Guimaraes scores in 2-0 defeat in 2022 that cost Arsenal their ticket to the Champions League

BY **RYAN TAYLOR**

BRUNO GUIMARAES endured a few sleepless nights six-and-a-half years ago, as he waited patiently by the phone in the Brazilian city of Curitiba.

After bossing the Athletico Paranaense midfield in his native land's top flight, he had his heart set on a life-changing transfer to Europe and Atletico Madrid.

A £26million agreement was in the works – so far advanced, that Guimaraes had fought back the tears when he waved goodbye to the 'Furacao' faithful following a 1-0 home victory over Santos.

Christmas slowly passed, the January window formally opened and still the future felt a tad uncertain.

Atletico were dithering, Benfica had tabled an offer and Paranaense president Mario Celso Petraglia confirmed there was a new suitor at the table: Arsenal.

Gunners technical director Edu had been monitoring Guimaraes' explosive development and contribution towards four trophies, including the Copa do Brasil and Copa Sudamericana.

> As a kid, Bruno would get a cheese sandwich if he'd lost... but anything he wanted, if he'd won

There was a direct approach to his agents but finances were limited. Then Lyon muscled in, with help from Brazil icon Juninho Pernambucano, by then a director at the French club.

Juninho won titles with Vasco da Gama prior to making his own journey from Brazil to Europe, and Lyon. He was one of Guimaraes' heroes, so his guidance carried weight.

Arsenal's new £75m addition is an avid Vasco supporter.

He actually attended one of their matches, a 1-1 draw with Mirassol, just two weeks ago.

After Juninho's approach, a £17.1m deal followed and Guimaraes became a Lyon player on January 29, 2020. Upon signing that long-term contract, the then Brazil Under-23s star took aim at Atletico, and stated: "Nobody called me."

The Spaniards, having initially led the hunt, soon lived to regret abandoning their pursuit of the player.

Two years later, Guimaraes' Newcastle United medical would take place in his homeland while he was on international duty, underlining his growth in stature.

Again, Arsenal had been sniffing around but amazingly, were not able to compete with the Magpies' financial muscle –after having signed two midfielders, Martin Odegaard and Albert Sambi Lokonga, the previous summer.

A few months later, they too paid a price for failing to land Guimaraes when they had the chance – he netted in a 2-0 Toon win over Arsenal, as the Gunners lost their grip on Champions League qualification with one Prem round to play.

Since then, he has delighted in taking the fight to the north Londoners – getting right under their skin.

In fact, the statistics show Guimaraes has won more challenges against his new employers – 71 – than he has managed against any other Premier League side.

For the entirety of his career, Guimaraes has only ever gone where he's felt wanted.

It stems from a series of rejections as a child in Rio de Janeiro.

He loved futsal but failed to make the grade at Fluminense and Botafogo.

His father, Dick, who is still heavily involved in his representation, would make the 269-mile drive to Osasco every weekend to watch a fresh-faced Guimaraes play for Audax in Sao Paulo.

It was a sacrifice he was happy to make – but there was tough love on the menu, too. If young Bruno lost, dad would hand him a ham and cheese sandwich with juice.

But if he had won, he'd be treated to whatever food he craved.

Guimaraes carries those memories with him today, emblazoned across his back.

The No.39, which he is poised to wear for Arsenal, was also the number of his cab-driving dad's Rio taxi – the same vehicle in which he drove to Guimaraes' youth matches.

After missing the bus to capture the all-action Brazilian maestro on two previous occasions, Mikel Arteta would have walked to St James' Park to finally land his man.

And after all, third time's the charm.

ANFIELD LOAN Araujo

Barca Ron to rescue for Iraola

BY **IAN DOYLE**

LIVERPOOL are close to completing a loan deal for Barcelona defender Ronald Araujo to help with Andoni Iraola's backline crisis.

The Reds have targeted the Uruguay international due to their problems at centre-back with captain Virgil van Dijk at present their only fit senior player for the position.

And with Araujo also capable of playing at right-back, a move would address two of the chief concerns for Kop boss Iraola ahead of the new season.

Liverpool are planning on Araujo undergoing a medical today ahead of the move being concluded.

It is understood the season-long loan includes an option to buy rather than an obligation, with the 27-year-old having recovered from the calf injury that meant he failed to feature for Uruguay in the recent World Cup.

Liverpool have a number of issues in defence as they continue to prepare for their Premier League opener at Newcastle United on August 23.

Joe Gomez is out for several weeks with a muscle issue, new signing Jeremy Jacquet is yet to feature as he recovers fitness following a shoulder operation, Giovanni Leoni is still to return from an ACL injury suffered last September and teenager Ifeanyi Ndukwe is ineligible.

At right-back, Conor Bradley has been sidelined since January after a serious knee injury, while Jeremie Frimpong has been hampered by a number of fitness setbacks since signing from Bayer Leverkusen last summer.

Araujo has spent eight years at Barcelona and has played more than 200 times for the Spanish side but hasn't been first choice in recent seasons.

Liverpool are continuing to look to strengthen their attacking options as well, though they remain some way short of Paris Saint-Germain's £145million valuation for the France winger Bradley Barcola.

SPORT
STAR
Sunday

West Ham 3 Portsmouth 1

BY **CONNOR O'NEILL**

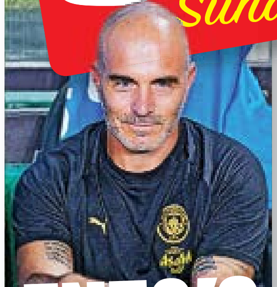
DAVID SULLIVAN yesterday defied advice to watch West Ham come from behind and beat Portsmouth in their opening match of the season at the London Stadium.

Sullivan was earlier this week advised to stay away from home matches by stadium operators because of the potential for fan unrest following allegations of sexual misconduct against him, which he denies.

The Hammers' fans advisory board also called for him to stay away but Sullivan, 77, ignored the pleas and took his usual seat.

CARABAO CUP: SEE PAGE 45

David's defiance



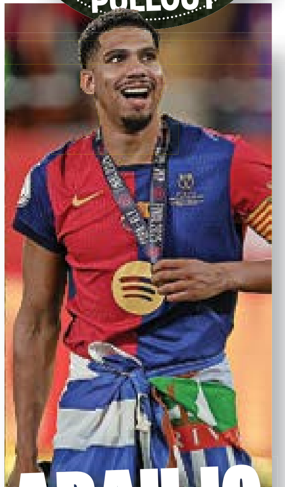
ENZO'S RESET

CITY BOSS UNVEILS PLAN
SEE PAGE 48

NICHOLLS' ... BIG BUCK'S
BRITAIN'S NUMBER ONE RACING PULLOUT – NOW 7 DAYS A WEEK
Star Form
HOME RULE

FREE INSIDE

YOUR NO.1 RACING PULLOUT



ARAUJO FARMER

BARCA ACE IN REDS MOVE
SEE PAGE 51

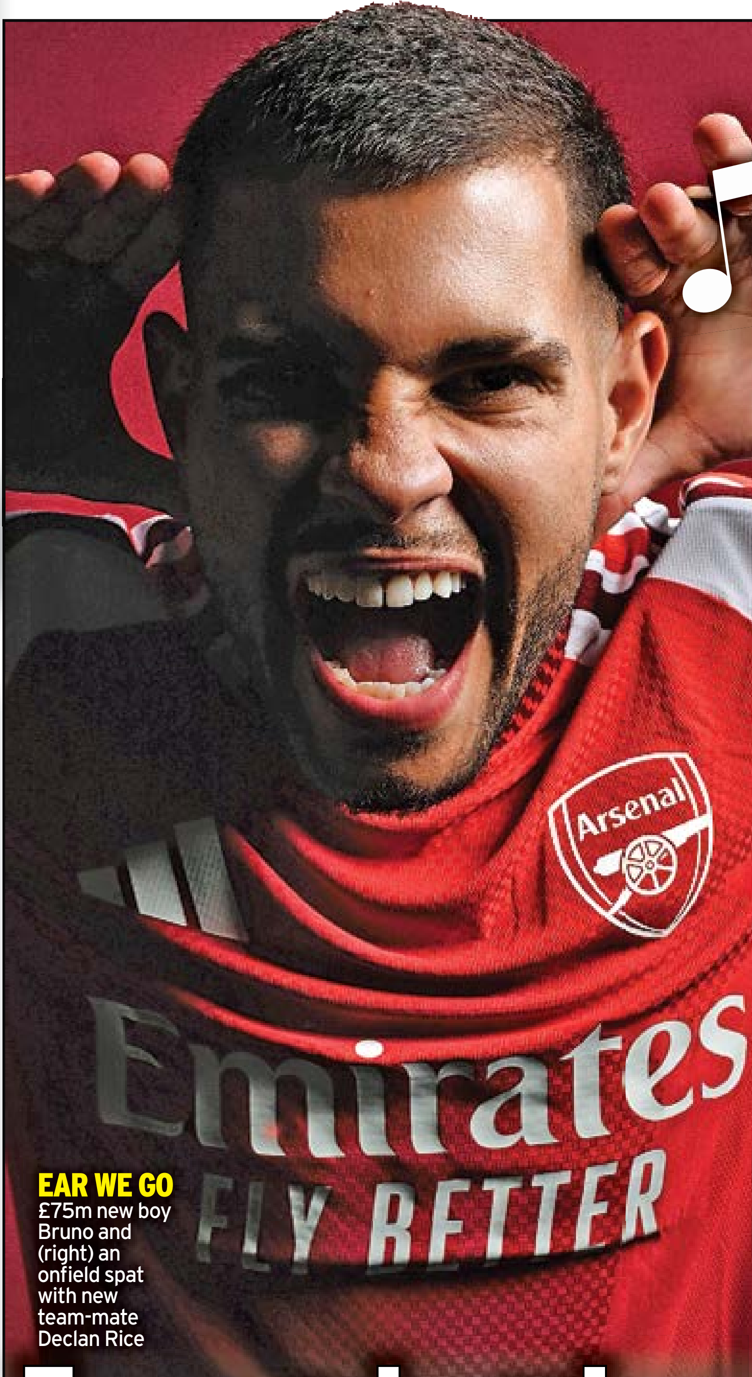
SS1ST 090826
9 771478 555774
32
1234ABCDEFGHIJKLPQRS*TUWWBDS

Published by Reach plc, One Canada Square, Canary Wharf, London E14 5AP. Registered in England & Wales No. 82548. Printed by Reach Printing Services, St Albans Rd, Watford, Hertfordshire WD24 7RG, Hollinwood Avenue, Chadderton, Oldham OL9 8EP, Interpress, 140 Duncrue Street, Belfast BT3 9AQ, KP Services (Jersey) Limited, La Rue des Pres Trading Estate, La Rue Martel, St Saviour, Jersey JE2 7QR, Miller Newsprint Ltd, Miller House, Triq L-Esportaturi, Zone 2, Mriehel, Birkirkara CBD 2040, Malta.

NEWSPAPERS SUPPORT RECYCLING
The recycled content of UK Newspapers in 2025 was 30%

ENGLAND MIDFIELDER ON HIS NEW £75M PAL

'I'LL BE THERE FOR BRU...'



EAR WE GO £75m new boy Bruno and (right) an onfield spat with new team-mate Declan Rice

Forget battles we'll be good F·R·I·E·N·D·S says Declan

BY **DARREN WELLS**

BRUNO GUIMARAES has promised Arsenal fans there will be no more punch-ups with Declan Rice – after he revealed the pair have kissed and made up.

The Brazil star made his £75million move from Newcastle to the Premier League champions yesterday and is set to join former foe Rice in the heart of the Gunners' midfield.

But after signing a four-year deal, Guimaraes revealed his new team-mate had already reached out to bury the hatchet.

He said: "Rice sent me a message, 'Come here and please no more fights, now we're friends!' I was happy he messaged me.

"It's massive what I have done so far, but I want to win more trophies in my career and I'm in the right place."

FULL STORY: SEE PAGES 50-51

WE LOVE PUZZLES!!

✓ **BOOST your brainpower**

✓ **FOCUS your mind**

✓ **UNLOCK your potential!**

EIGHT PAGES OF CROSSWORDS, SUDOKU, AND MUCH MORE!

WORDSEARCH

Can you find all the listed items in the grid? Words may read forwards or backwards, horizontally, vertically or diagonally.

BANKSY

D	T	L	A	L	F	L	O	W	E	R	T	H	R	O	W	E	R	G
J	G	O	R	V	O	S	V	D	D	R	E	A	M	B	O	A	T	I
A	D	V	Q	T	E	H	P	E	S	T	C	O	N	T	R	O	L	R
S	A	E	S	P	E	O	U	H	Q	U	P	X	R	D	Q	E	S	L
S	W	I	A	E	X	W	E	Z	Z	B	T	H	P	P	D	J	E	W
C	R	S	R	C	L	M	L	N	F	R	S	T	E	N	C	I	L	I
B	T	I	T	W	L	E	T	E	A	X	E	S	H	N	E	I	F	T
Q	H	N	B	O	I	T	P	T	Z	E	Y	S	L	L	U	L	P	H
G	E	T	U	H	K	H	E	H	R	D	R	C	A	Y	M	S	O	B
T	W	H	F	P	G	E	U	T	A	E	I	V	L	R	B	Y	R	A
X	A	E	F	E	R	M	N	N	V	N	I	S	U	A	R	N	T	L
W	L	B	F	T	P	O	T	O	T	T	T	L	M	S	E	T	R	L
U	L	I	S	D	D	N	L	X	S	I	B	N	I	A	L	M	A	O
A	E	N	R	N	Y	E	A	E	I	I	T	R	B	E	L	Q	I	O
M	D	U	O	A	L	T	F	P	P	U	A	L	Z	W	A	A	T	N
B	O	L	W	I	T	S	B	U	B	P	U	P	E	F	G	S	N	R
G	F	X	B	P	N	S	P	Y	B	O	O	T	H	D	I	C	J	D
P	F	O	G	A	M	E	C	H	A	N	G	E	R	O	R	S	R	I
B	M	U	C	T	U	R	F	W	A	R	H	C	O	V	L	K	S	J

APES
ART BUFF
BLUR
BRISTOL
CANS FESTIVAL
DISMALAND
DREAM BOAT
ELEPHANT
FLOWER THROWER
GAME CHANGER
GIRL WITH BALLOON
LONDON TREE
LOVE IS IN THE BIN
MOBILE LOVERS
PARIS
PEST CONTROL
RATS
SELF PORTRAIT
SHOW ME THE MONET
SPY BOOTH
STENCIL
STREET ART
THE WALLED OFF
TURF WAR
UMBRELLA GIRL
UNTITLED

CODEWORD

This puzzle has no clues. Instead, every number printed in the grid represents a letter. Use your knowledge of words to solve the puzzle. Two letters are given to start you off.

10	24	11	5	■	■	4	■	■	24	12	11	14
■	5	■	■	3	16	15	11	23	■	21	■	18
10	24	13	24	16	■	18	■	12 C	21 H	11	16	24
■	18	■	■	11	■	24	■	21	■	23	■	20
■	1	8	4	26	3	11	15	8	■	22	8	20
12	■	■	■	3	■	16	■	■	■	5	■	11
5	3	1	25	23	18	■	12	18	24	17	8	16
11	■	24	■	■	■	5	■	24	■	■	■	20
1	11	2	■	25	5	11	7	7	24	18	14	■
24	■	11	■	5	■	6	■	8	■	■	18	■
15	23	1	13	8	■	23	■	18	11	6	24	5
23	■	3	■	9	24	5	19	4	■	■	9	■
4	3	1	4	■	■	17	■	■	5	23	16	15

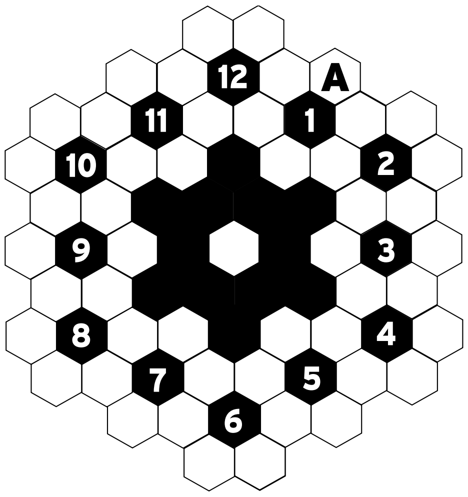
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12 C	13
14	15	16	17	18	19	20	21 H	22	23	24	25	26

HONEYCOMB

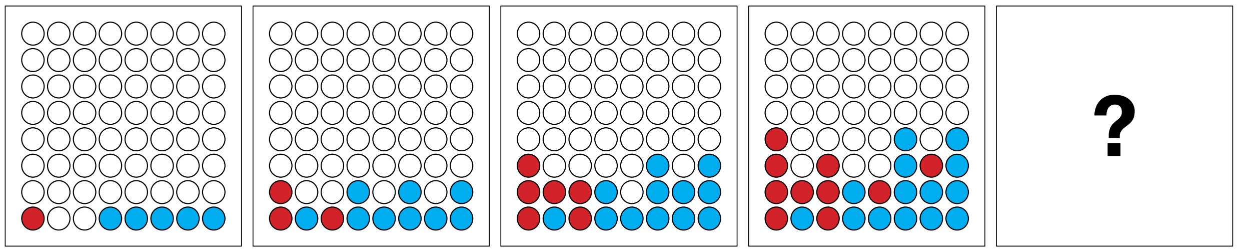
All the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1 Reasoned
2 Bad-tempered
3 Soothe
4 Frozen spike
5 Small
6 Aim
7 Manor
8 Countryside
9 Venerate
10 Goodness
11 Speaks
12 Become distant

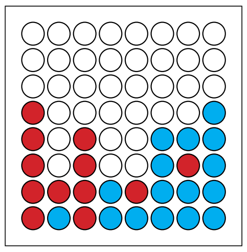


PATTERN MAKER

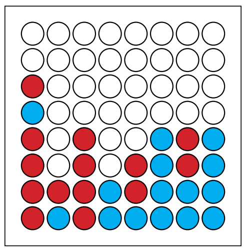
Which one of the numbered squares on the bottom row should replace the question mark to follow the logical pattern in this sequence?



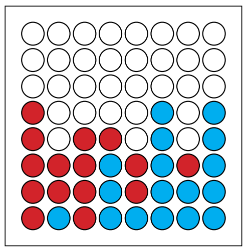
1



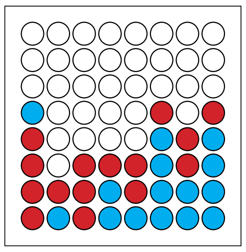
2



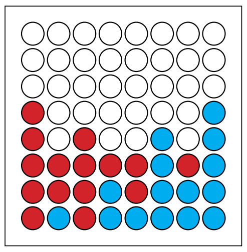
3



4



5



BATTLESHIPS

In Battleships, you have to find where the fleet of ships shown are hidden in the ten by ten grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

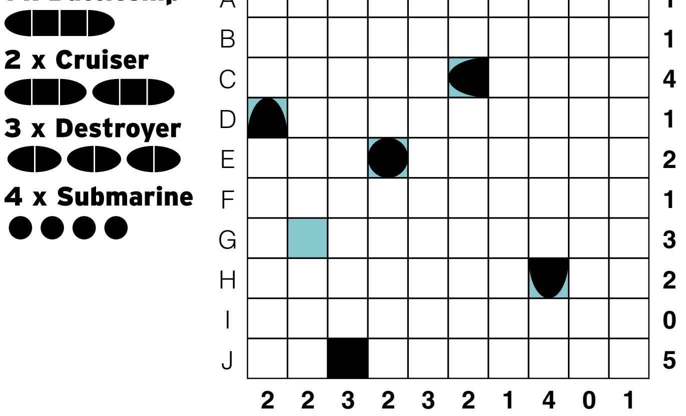
THE FLEET

1 x Battleship

2 x Cruiser

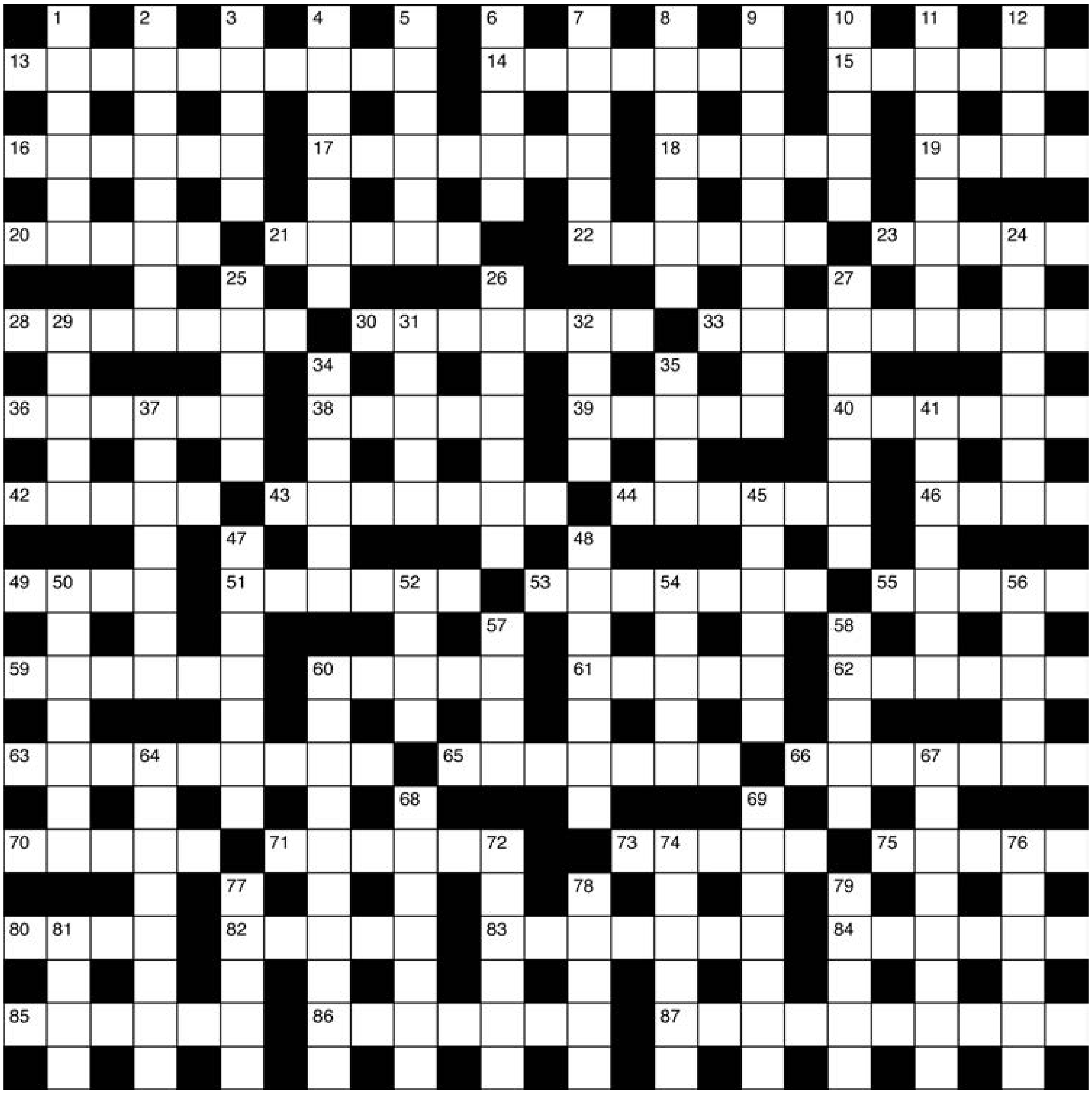
3 x Destroyer

4 x Submarine



GIANT TWO-SPEED CROSSWORD

Choose between straight and cryptic clues in this giant crossword – both sets lead to the same answers.



STRAIGHT

ACROSS

13 Dislocating (7,3)
14 Wine (7)
15 Radiator (6)
16 Type style (6)
17 Blacken (7)
18 Material (5)
19 Continue to (4)
20 Intelligence (5)
21 Skinflint (5)
22 Fragments (6)
23 Quick (5)
28 Amazed (7)
30 Delight (7)
33 Dog (9)
36 Went by (6)
38 Saw (5)
39 Multitude (5)
40 Perpetrate (6)
42 Tree (5)
43 Cut (7)
44 Outhouse (6)
46 Row (4)
49 Complain (4)
51 Overseas (6)
53 Rumour (7)
55 Bargains (5)
59 Illustrations (6)
60 Thrust upon (5)
61 Impel (5)
62 Opposed (6)
63 Keep on (9)
65 Imagined (7)
66 Create (7)
70 Sneak (5)
71 Scattered (6)
73 Supply (3,2)
75 Fight (3-2)
80 Inform on (4)
82 Damp (5)
83 Doffed (4,3)
84 Hurry (6)
85 Strong (6)
86 Port (7)
87 Displaying (8,2)

DOWN

1 Golf club (6)
2 Horse (8)
3 Bang (5)
4 Bottle up (7)
5 Fast (6)
6 Bitter (5)
7 Wants (6)
8 Ahead (2,5)
9 Extensive (10)
10 Colour (5)
11 Run down (8)
12 Lapdog (4)
24 Exact (7)
25 Set (5)
26 Franked (7)
27 Damaged (7)
29 Find (5)
31 Wrong (5)
32 Sway (4)
34 Visitor (6)
35 Wolf (4)
37 Vegetable (7)
41 Show (7)
45 Jacket (6)
47 Huge (7)
48 Progress (7)
50 Sickness (7)
52 Tart (4)
54 Jack up (5)
56 Mails (5)
57 Commotion (4)
58 Song (5)
60 Dawn (5,5)
64 Eradicate (5,3)
67 Nice (8)
68 Give back (7)
69 Relinquish (7)
72 Idea (6)
74 Awaken (6)
76 Engaged (4,2)
77 Hit (5)
78 Get on (5)
79 Jiffy (5)
81 Bonnet (4)

CRYPTIC

ACROSS

13 Dislocating and they're giving one an anaesthetic (7,3)
14 Have a chat in, pouring one wine (7)
15 Gun fire (6)
16 The emphatic type (6)
17 A silver veil (7)
18 People fish in it and stuff! (5)
19 Continue to restrain from (4)
20 What made you think of building a bar at home? (5)
21 Figure the rise is out: he's a skinflint (5)
22 The bits one discards (6)
23 Quick! It's cold! (5)
28 Surprised on getting back home – and mad (7)
30 The misshapen aperture a little lessened one's delight (7)
33 It ensures the game isn't lost (9)
36 Went ahead and gave to (6)
38 An American tool I order: a saw (5)
39 "Multitude" is, to many, a strange word (5)
40 Shut up and do it! (6)
42 The tree is a little spruce, darling (5)
43 Cut the wood to put in the vehicle (7)
44 Born in an old outhouse (6)
46 A row he doesn't win (4)
49 The lawbreaker I incarcerated does complain (4)
51 An unspecific "away" (6)
53 Don't lip-read the word "rumour" (7)
55 Turns back to "Best Buys" (5)
59 Pictures found in a kitchen cupboard (6)
60 Putting the ring in one's hand, thrust it upon (5)
61 Force to show ambition (5)
62 Unwilling to say the season has started (6)
63 Keep on and get through, hard though it is (9)
65 Imagined me to be in fear of (7)
66 Either create or calm down (7)
70 Creep, taking time to get in close (5)
71 A wren, flying to the base of the nest, had scattered it (6)
73 Provide for, when you use as a bed (3,2)
75 Test out the ring for the fight (3-2)
80 Tell the police you buy from (4)
82 I get in very damp (5)
83 Doffed and left (4,3)
84 Is forced to get the number and to make it snappy (6)
85 Strong or otherwise, would have broken (6)
86 Give accommodation to and entertain (7)
87 Putting a notice on display about the robbery? (8,2)

DOWN

1 Speak to on the quiet in the club (6)
2 A horse everybody is not mad about (8)
3 Criticise, which is a blow (5)
4 Bottle, as opposed to a tin, unusually (7)
5 Go on a strict diet when tears flow about the figure (6)
6 Bitter, or sour, right through (5)
7 Wants to sew up his tear in (6)
8 It's on order again. Not here yet (2,5)
9 Spider we see crawling now all over the place (10)
10 Colour blind (5)
11 Run down to get the player a snack (8)
12 At a quick look, said it's something small and hairy (4)
24 "Awful creeps," one put in, "is absolutely right" (7)
25 Set again by daybreak (5)
26 Was furious but gave it official approval (7)
27 Mad to have Communist leader tortured (7)
29 React differently, you find (5)
31 A skip? Wrong! (5)
32 It's steady but you make it sway (4)
34 He's dubbed one "The dropper-in" (6)
35 Secure and eat quickly (4)
37 Everybody dashed round for something to eat (7)
41 Show that's dull I need to shorten (7)
45 The flaming jacket! (6)
47 The figure put on the vase is ridiculously big (7)
48 Progress made. He had a day to cover the west (7)
50 I meant to treat a number admitted with the sickness (7)
52 The tart, now cold, I tuck into (4)
54 Jack will get funds for (5)
56 The stakes one puts in a box (5)
57 "Motion" or is it "commotion"? (4)
58 It's "song" in Italian, dear pupil (5)
60 The earliest ones land at dawn (5,5)
64 To get rid of fat, Pam exercises in (5,3)
67 Nice excuses a busy worker has (8)
68 About to keep, give back (7)
69 Surprisingly offer to take it and you relinquish (7)
72 Thought it up within the time frame (6)
74 As a ploy, ring through to awaken (6)
76 Unable to phone the police – engaged (4,2)
77 Strike one as small time, anyhow (5)
78 Sounding fed up, get on (5)
79 Waken one up in a jiffy (5)
81 Oh, turn back and do up the bonnet (4)

SUDOKU

Fill the grid so that every column, row and 3x3 square includes all the digits from 1 to 9

EASY

	2			7	3	5		
1	5	3			4			
	7			1		4		9
			2		7		5	8
5		2				7		4
4	3		6		5			
2		5		9			4	
			4			6	2	7
		1	3	2			8	

HARD

6		7	3		8			
			1			2		
4							1	
2	6			5				3
			6		4			
1				7			6	9
	4							2
		8			9			
			5		2	9		4

DOUBLE JIGWORD

Arrange these crossword fragments to create two completed symmetrical crosswords.

N	■	E
E	R	■
L	■	U

■	M	■
H	E	D
■	D	■

E	E	N
S	■	I
S	E	T

L	■	I
L	■	S
S	■	M

E	■	E
■	C	R
F	■	H

R	G	R
■	E	■
■	R	E

G	■	■
■	T	■
I	A	L

M	■	M
E	■	A
A	■	G

S	A	C
P	■	A
I	N	G

T	S	■
■	C	■
E	A	T

B	E	A
■	L	■
■	■	M

■	V	■
G	A	R
■	T	■

E	V	E
T	■	R
A	D	O

■	P	■
R	A	T
■	N	■

■	V	■
E	E	P
■	N	■

T	I	N
B	■	E
A	R	T

G	U	S
O	■	U
R	E	P

■	F	■
H	A	U
■	D	■

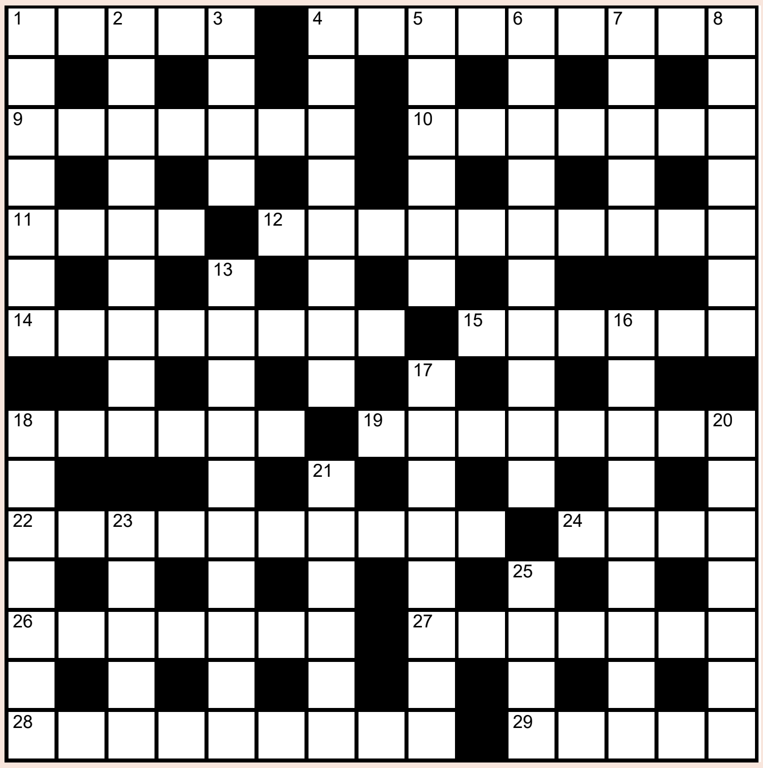
ARROW WORD

The arrows show the direction in which the answer to each clue should be placed.

Mineral spring	Scotland Close friend ▼	▼	Proverbs	▼	Net	▼	Insect	▼	Moves a train to a siding	▼	Large number or crowd	▼	Shortly ▼	Pool Leather worker ▼	▼	Burden	▼
▶			Hatchet ▶ Bird ▼				Fatigue ▶										
_ Jones, TV host ▶ Flaw					Knight’s title ▶ Card suit ▼				Jumpy (2,4) ▼		Truckful ▶					Oust ▼	
▶							Tedious ▶ City on the Po ▼										
Bother	Drop heavily ▶ Eat less ▼					Hue ▶ Behind time ▼					Tavern ▶				Row ▼		Brink ▼
▶			Military gestures ▶								Owned ▼		Besides ▶ Agent ▼				
Squid’s fluid ▶ Garland				Risked ▶						Done in haste ▶							
▶			Bigfoot ▶					Forest clearing ▶						Horse ▶			
Levy ▶				Perceive ▶						Use up ▶							

GENERAL KNOWLEDGE CROSSWORD

Test your grasp of the facts with this general knowledge challenge.



ACROSS

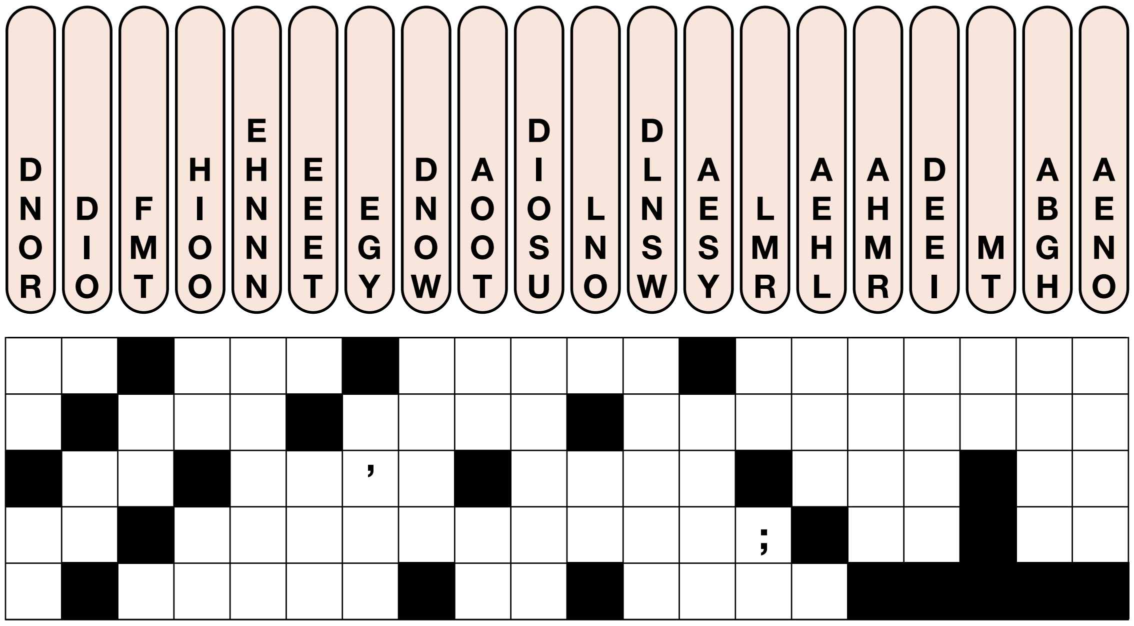
1 City in the south of Egypt (5)
4 ___ IV, Egyptian pharaoh also called Akhenaten who established the cult of Aten (9)
9 Flightless African bird (7)
10 One of the three gorgons in Greek mythology (7)
11 Inscription placed over the head of Christ during the Crucifixion (inits.) (4)
12 Carl von ___, Prussian general and military thinker (10)
14 West London Borough including the districts of Brentford and Chiswick (8)
15 State capital of Minnesota (2,4)
18 R. A. S. ___, Sri Lanka cricketer whose 2010 Test debut was against West Indies at Colombo (6)
19 Instrument for varying electric resistance (8)
22 Capital and main port of Barbados (10)
24 Concerning, with regard to; used especially in probate and bankruptcy proceedings (2,2)
26 Winged sandals in Greek mythology such as those worn by Hermes (7)
27 Roman Catholic lay and clerical organisation founded in 1928 (4,3)
28 Welsh actor who portrayed Howard Marks in 2010 biopic Mr Nice (4,5)
29 2007 film documentary written and directed by Michael Moore (5)

DOWN

1 Jean ___, French author of the plays Antigone and Becket (7)
2 Large African antelope with long curved ridged horns (9)
3 Andrew ___, journalist and broadcaster whose credits include BBC TV shows This Week and Sunday Politics (4)
4 Point in its orbit when a planet is at its greatest distance from the sun (8)
5 Son of Chaos and god of darkness in Greek mythology (6)
6 Actor who played Chief Inspector Dreyfus in 1975 film comedy The Return of the Pink Panther (7,3)
7 In Indian cookery, a meal of several small dishes accompanied by rice and bread (5)
8 Brittle savoury biscuit glazed and salted on the outside (7)
13 Morgan ___, prime minister of Zimbabwe from 2009 to 2013 (10)
16 I'm A Celebrity original presenting duo (3,3,3)
17 2007 novel by Harlan Coben (3,5)
18 Large marine decapod crustacean of the genus Homarus (7)
20 Lee ___, golfer who won The Open Championship in 1971 and 1972 (7)
21 Capital of Canada (6)
23 Southernmost of the islands of the Inner Hebrides off the Scottish coast (5)
25 Martin ___, 2001 World Championships high jump gold medallist (4)

QUOTE DOWN

Drop the letters in each column to reconstruct a quote by Margaret Thatcher. Words may be split across two lines.



				E					D		D								
D			H	H	E		D	A	I		L	A		A	A	D		A	A
N	D	F	I	N	E	E	N	O	O	L	N	E	L	E	H	E		B	E
O	I	M	O	N	E	G	O	O	S	N	S	S	M	H	M	E	M	G	N
R	O	T	O	N	T	Y	W	T	U	O	W	Y	R	L	R	I	T	H	O

LOGIC

Can you work out which trace metal was found in each sample?

An international team of scientists are undertaking a collaborative research project to analyse and log information about samples of rock gathered from space.

Dr Singh and Professor Roberts have specimens from five different celestial bodies which have been collected over a number of years. The samples vary in weight, and are being chemically analysed for the presence of trace metals.

"The lunar specimen was discovered in the 20th century and is the heaviest of them all," said Dr Singh.

"The rock sample containing nickel is three times as heavy as the sample from Mars. Neither of these specimens were obtained in 2001," added Professor Roberts.

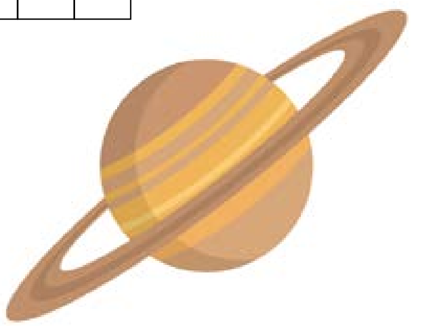
"After some careful analysis I detected traces of gold in the asteroid sample, which was discovered exactly ten years after the 12kg sample," reported Dr Singh.

"That's a fascinating result. Did you know the sample containing iron, which is not from Earth, was found within the last decade and weighed 3kg less than the sample found in 1984?" asked Professor Roberts.

"That makes sense. By my measurements the sample containing silver weighs more than the sample containing aluminium," replied Dr Singh.

Based on their discussion, the scientists were able to log the weight and year of discovery for each space sample, as well as which trace metal was detected in each. Can you figure out what their results are?

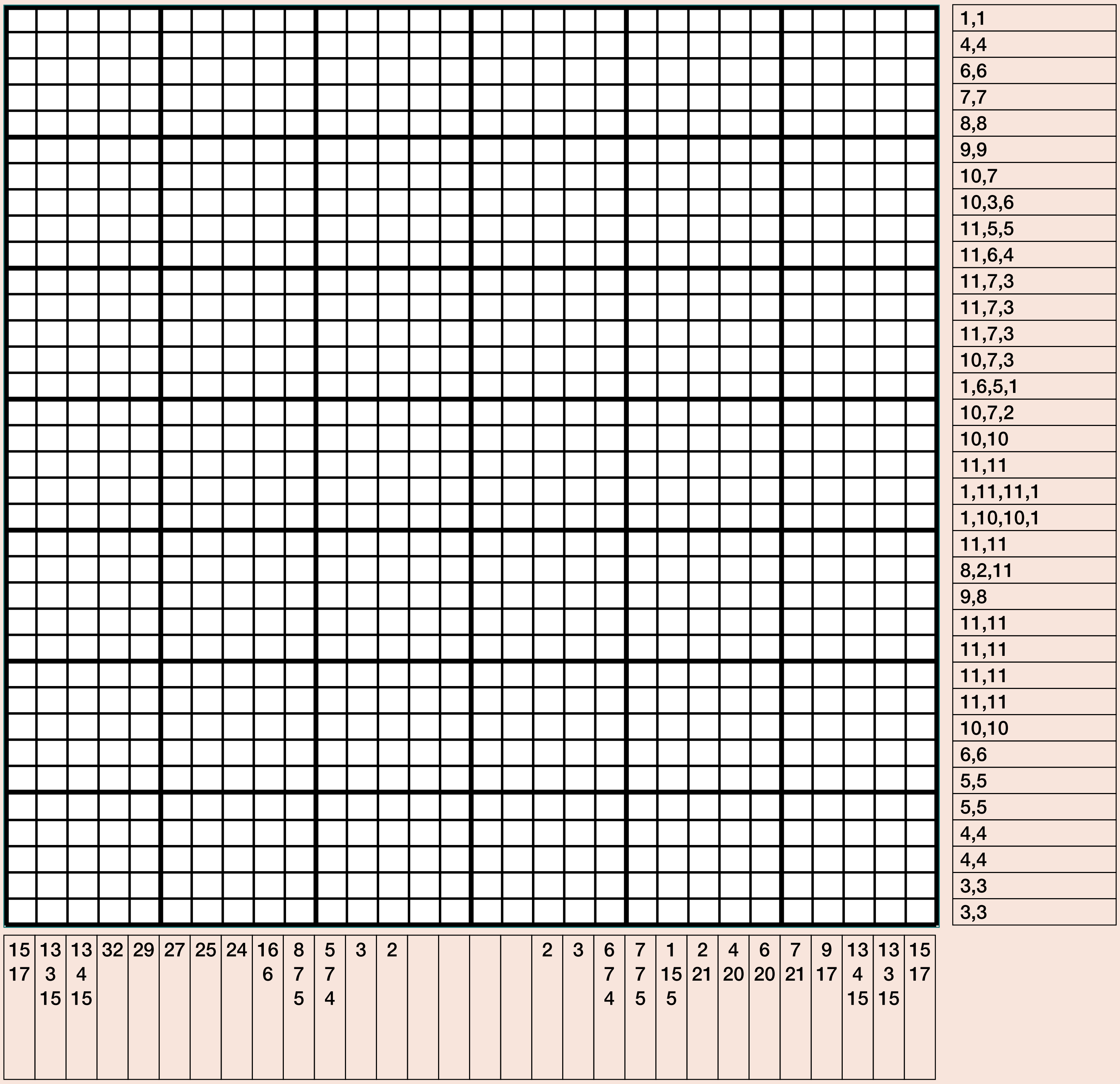
	1984	1991	2001	2006	2016	Gold	Silver	Nickel	Aluminium	Iron	3kg	9kg	12kg	24kg	27kg
Asteroid															
Comet															
Mars															
The Moon															
Earth															
3kg															
9kg															
12kg															
24kg															
27kg															
Gold															
Silver															
Nickel															
Aluminium															
Iron															



NONAGRAM

HEAD TO HEAD

Each column and row has a series of numbers next to it. These refer to the number of adjacent squares that should be filled in. If more than one number appears, that line will contain more than one block to be filled in. The solid blocks must appear in the order that the numbers are printed. For example, a row that contains the numbers 7,5 would contain, somewhere, a block of seven adjacent filled-in squares, then a gap of one or more empty squares and then a block of five adjacent filled-in squares. When complete, the grid will reveal a picture.


1,1
4,4
6,6
7,7
8,8
9,9
10,7
10,3,6
11,5,5
11,6,4
11,7,3
11,7,3
11,7,3
10,7,3
1,6,5,1
10,7,2
10,10
11,11
1,11,11,1
1,10,10,1
11,11
8,2,11
9,8
11,11
11,11
11,11
11,11
10,10
6,6
5,5
5,5
4,4
4,4
3,3
3,3
15 17
13 3 15
13 4 15
32
29
27
25
24
16 6
8 7 5
5 7 4
3
2
2
3
6 7 4
7 7 5
1 15 5
2 21
4 20
6 20
7 21
9 17
13 4 15
13 3 15
15 17

TRIVIA WORDSEARCH

Answer the questions and find the answers in the grid.

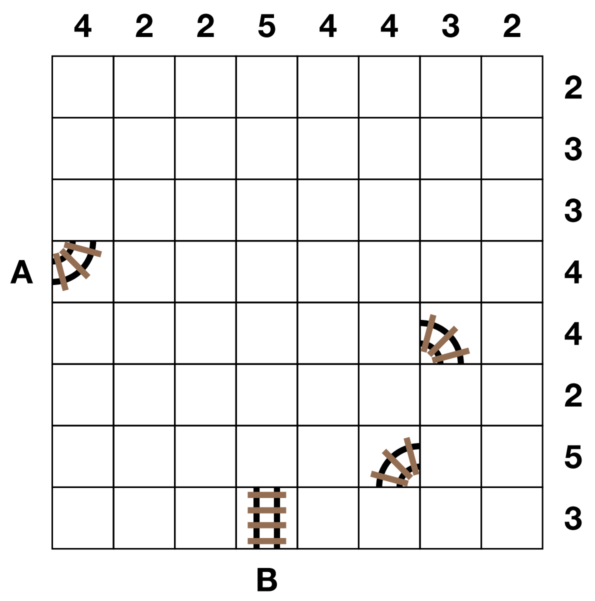
GOING FOR A SONG

1 Which U.S. pop star had a hit in 2007 with Our Song? (6,5)
2 Who sang the theme song to the 1967 drama film To Sir With Love? (4)
3 In which century did the Song Dynasty in China come to an end? (10)
4 Who composed the 1911 work A Song Of The High Hills? (6)
5 Which U.S. poet wrote the epic The Song Of Hiawatha? (10)
6 Who plays Professor River Song in the sci fi series Doctor Who? (4,8)
7 Song To The Moon is the most famous aria from which opera by Dvorak? (7)
8 Who is the kindly old storyteller in the 1946 Disney Film Song Of The South? (5,5)
9 Madeline Miller's Orange Prize-winning novel The Song Of Achilles is told from the perspective of which of the Greek hero's companions? (9)
10 Who had a hit in 1970 with the single Your Song? (5,4)

X	N	O	T	S	G	N	I	K	X	E	L	A
M	S	J	Z	M	I	I	A	S	T	A	O	G
S	T	A	W	M	G	Y	U	H	K	N	N	N
U	U	L	K	Q	H	L	I	L	T	K	G	X
U	V	I	H	H	C	R	A	U	B	G	F	L
O	Y	I	L	O	T	S	Y	F	S	A	E	P
L	X	Z	R	E	U	Z	V	J	K	D	L	Q
O	U	T	E	R	D	M	M	Q	B	W	L	V
D	A	N	M	N	S	D	U	P	L	Y	O	D
P	T	D	E	H	K	L	M	L	B	U	W	Y
H	J	A	T	N	H	O	J	N	O	T	L	E
P	H	S	U	M	E	R	E	L	C	N	U	U
T	F	I	W	S	R	O	L	Y	A	T	Q	P

MAKING TRACKS

Numbers around the outside indicate how many squares in each row and column the track passes through between A and B. The track either passes straight through a square or turns at right angles in it.


4
2
2
5
4
4
3
2
2
3
3
4
4
2
5
3
A
B

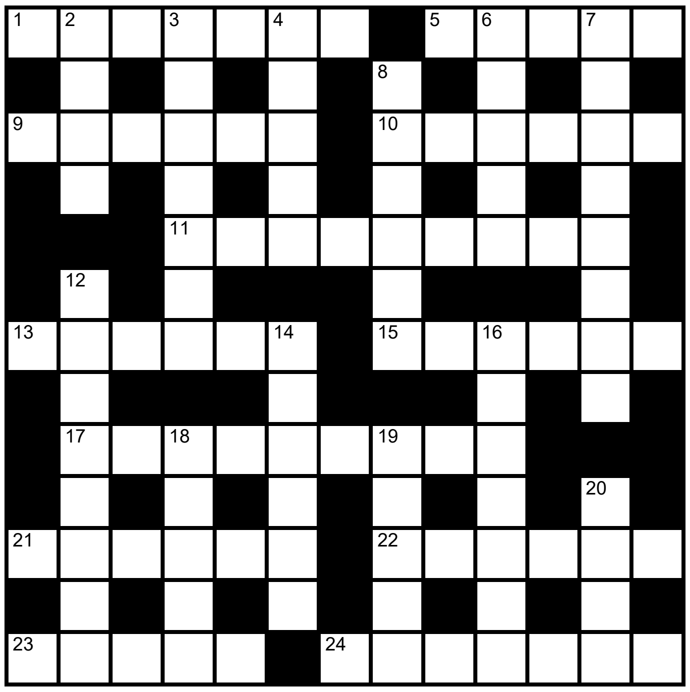
BIG X SUDOKU

In Big X Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.

						8	4	3				8		4				6		
8	2	4										2			4	6				
			8		6		1								2			4		7
	6			3									8	9			4			
			9	1	4										8	3	7			
	8			7		3		1				3	4					8		1
9		6			2				8		6					4	6		5	
3		1				2												1	4	6
		8	5		3				3		5					5	3		2	
								3				2	9	6						
							7	4		6										
								2				8	7	4						
		9	7		4				9		2					8	2		9	
5		8				7												6	8	3
1		4			6				6		4					9	6		5	
	2			9		1		7				7	1					9		5
			8	1	5										7	6	5			
	1			6									5	3			1			
			1		2		5								6			7		9
3	5	1										9			8	7				
						6	1	8				2		4				3		

ENTER VOWEL

Each clue is the answer word with the vowels removed. For example, a clue PL (4) might lead to Plea, Pile, Peal, Opal etc., but not Loop or Lope. You'll have to work out which option fits with its neighbours to complete the grid.



ACROSS	DOWN
1 CRTR (7)	**2** SD (4)
5 CRL (5)	**3** LGBR (7)
9 LG (6)	**4** PR (5)
10 BST (6)	**6** LF (5)
11 BTFL (9)	**7** BSLT (8)
13 GHST (6)	**8** STH (6)
15 RCTS (6)	**12** GGRP (3,5)
17 GRDNP (6,3)	**14** TRMR (6)
21 DMN (6)	**16** LTN (7)
22 NSS (6)	**18** RGN (5)
23 PNS (5)	**19** PND (5)
24 RNST (7)	**20** NTS (4)

WORD GAMES

THREE LETTERS

Which three-letter word completes the following longer words?

			H	E	M
C	H				
B				E	R
S	H				Y

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

4	2	3	3	9	8

= a fish

8	2	6	7

= a second fish

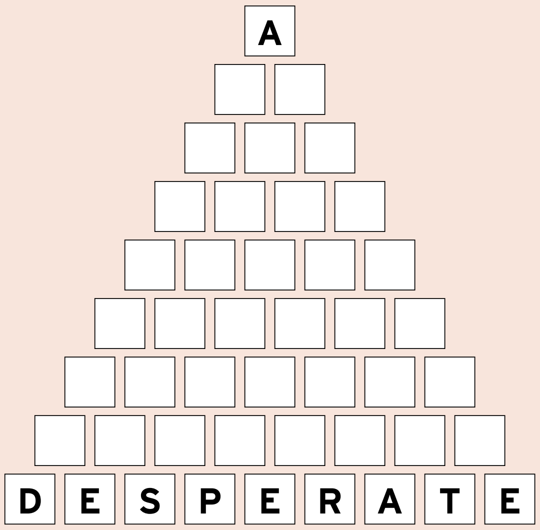
1	5	6

= part of a fish

1	2	3	4	5	6	7	8	9

PYRAMID

Starting with the single letter at the top, add a new letter and rearrange to form a new word at each stage until you reach the word at the bottom. There may be more than one solution.



ANAGRAMS

Unscramble each of the words or phrases below to reveal five desserts.

MOST SEEN

CLARET TREAT

DEPUTY KING SCOFFED IT

GENUINE LIME PRO, ME

DAD BUD BINGED PRUNE TART

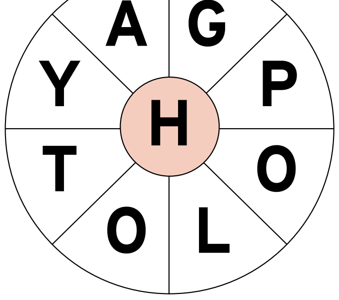
30-SECOND BRAIN TEASER

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's puzzle. Advanced players have 30 seconds to complete their own plus the Intermediate. Good luck!

BEGINNER 4	Square it	+53	÷3	-8	4/5 of this	+42	÷3	+45	ANSWER
INTERMEDIATE 36	4/9 of this	+143	÷3	-29	Increase by 75%	+39	Reverse the digits	5/6 of this	ANSWER
ADVANCED 144	7/9 of this	+147	÷7	Reverse the digits	-5	Increase by 75%	+167	6/11 of this	ANSWER

WORD WHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate
8 average
12 good
16 very good
18 excellent

SOLUTIONS

CODEWORD
1=M, 2=X, 3=U, 4=S, 5=L, 6=V, 7=Z, 8=O, 9=W, 10=J, 11=I, 12=C, 13=P, 14=D, 15=T, 16=N, 17=Y, 18=R, 19=K, 20=G, 21=H, 22=F, 23=E, 24=A, 25=B, 26=Q

HONEYCOMB
1 Argued. 2 Grumpy. 3 Pacify. 4 Icicle. 5 Little. 6 Target. 7 Grange. 8 Nature. 9 Revere. 10 Virtue. 11 Utters. 12 Recede.

PATTERN MAKER
SQUARE 5. We are watching a game where counters are dropped vertically from the top of columns. Red always plays before blue, and red always starts from the left while blue starts from the right. On the first go, red plays one counter, then two and so on, while blue starts by playing five counters, then four and so on. Both alternate between playing in consecutive and alternate columns. So on the first go, red plays one counter in the first column on the left, then blue plays in five consecutive columns from the right, on the second go, red plays in two alternate columns starting from the left, and blue plays in four alternate columns starting from the right, and so on.

GIANT TWO-SPEED CROSSWORD
ACROSS: 13 Putting out, 14 Chianti, 15 Heater, 16 Italic, 17 Tarnish, 18 Tweed, 19 Keep, 20 Brain, 21 Miser, 22 Scraps, 23 Nippy, 28 Stunned, 30 Rapture, 33 Retriever, 36 Passed, 38 Axiom, 39 Crowd, 40 Commit, 42 Cedar, 43 Slashed, 44 Stable, 46 Tier, 49 Wail, 51 Abroad, 53 Hearsay, 55 Snips, 59 Plates, 60 Foist, 61 Drive, 62 Averse, 63 Persevere, 65 Dreamed, 66 Compose, 70 Steal, 71 Strewn, 73 Lay on, 75 Set-to, 80 Shop, 82 Moist, 83 Took off, 84 Hasten, 85 Robust, 86 Harbour, 87 Sticking up.
DOWN: 1 Putter, 2 Stallion, 3 Knock, 4 Contain, 5 Starve, 6 Acrid, 7 Wishes, 8 In store, 9 Widespread, 10 Shade, 11 Backbite, 12 Peke, 24 Precise, 25 Ready, 26 Stamped, 27 Cracked, 29 Trace, 31 Amiss, 32 Rock, 34 Caller, 35 Bolt, 37 Shallot, 41 Matinee, 45 Blazer, 47 Massive, 48 Headway, 50 Ailment, 52 Acid, 54 Raise, 56 Posts, 57 Stir, 58 Carol, 60 First light, 64 Stamp out, 67 Pleasant, 68 Restore, 69 Forfeit, 72 Notion, 74 Arouse, 76 Tied up, 77 Smite, 78 Board, 79 Shake, 81 Hood.

GK CROSSWORD
ACROSS: 1 Aswan, 4 Amenhotep, 9 Ostrich, 10 Euryale, 11 Inri, 12 Clausewitz, 14 Hounslow, 15 St Paul, 18 Lakmal, 19 Rheostat, 22 Bridgetown, 24 In re, 26 Talaria, 27 Opus Dei, 28 Rhys Ifans, 29 Sicko.
DOWN: 1 Anouilh, 2 Waterbuck, 3 Neil, 4 Aphelion, 5 Erebus, 6 Herbert Lom, 7 Thali, 8 Pretzel, 13 Tsvangirai, 16 Ant and Dec, 17 The Woods, 18 Lobster, 20 Trevino, 21 Ottawa, 23 Islay, 25 Buss.

QUOTE DOWN
"No one would remember the good Samaritan if he'd only had good intentions, he had money as well"

TRIVIA WORDSEARCH
1 Taylor Swift, 2 Lulu, 3 Thirteenth, 4 Delius, 5 Longfellow, 6 Alex Kingston, 7 Rusalka, 8 Uncle Remus, 9 Patroclus, 10 Elton John

NINER
FULMINATE

THREE LETTERS
ANT. ANTHEM, CHANT, BANTER, SHANTY

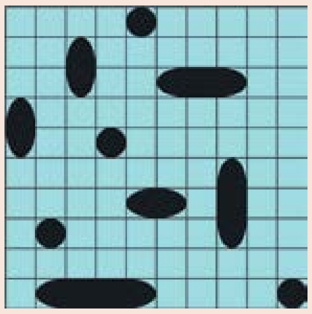
PYRAMID
One way is: A, AT, TAP, TAPE, TAPER, REPEAT, PREDATE, REPEATED, DESPERATE

ANAGRAMS
Eton mess, Treacle tart, Sticky toffee pudding, Lemon meringue pie, Bread-and-butter pudding

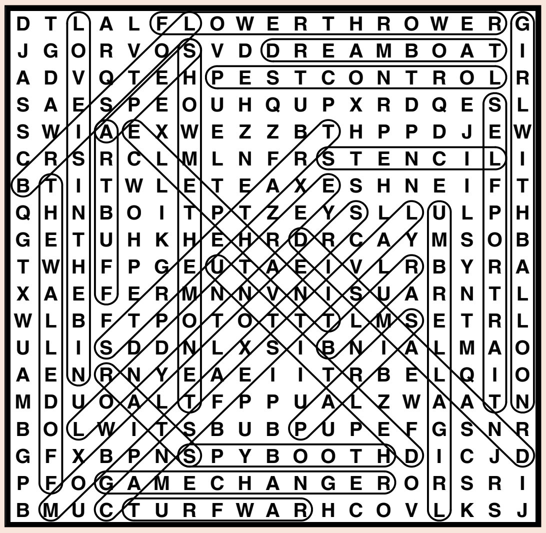
WORD WHEEL
ahoy, glyph, halo, halt, haply, holt, holy, hoop, hoot, hotly, hoya, hypo, lath, lathy, loath, loth, oath, opah, path, pathology, photo, pooh, yahoo.

30-SECOND BRAIN TEASER
Beginner 63, Intermediate 15, Advanced 156.

BATTLESHIPS



WORDSEARCH



D	T	L	A	L	F	L	O	W	E	R	T	H	R	O	W	E	R	G
J	G	O	R	V	O	S	V	D	D	R	E	A	M	B	O	A	T	I
A	D	V	Q	T	E	H	P	E	S	T	C	O	N	T	R	O	L	R
S	A	E	S	P	E	O	U	H	Q	U	P	X	R	D	Q	E	S	L
S	W	I	A	E	X	W	E	Z	Z	B	T	H	P	P	D	J	E	W
C	R	S	R	C	L	M	L	N	F	R	S	T	E	N	C	I	L	I
B	T	I	T	W	L	E	T	E	A	X	E	S	H	N	E	I	F	T
Q	H	N	B	O	I	T	P	T	Z	E	Y	S	L	L	U	L	P	H
G	E	T	U	H	K	H	E	H	R	D	R	C	A	Y	M	S	O	B
T	W	H	F	P	G	E	U	T	A	E	I	V	L	R	B	Y	R	A
X	A	E	F	E	R	M	N	N	V	N	I	S	U	A	R	N	T	L
W	L	B	F	T	P	O	T	O	T	T	T	L	M	S	E	T	R	L
U	L	I	S	D	D	N	L	X	S	I	B	N	I	A	L	M	A	O
A	E	N	R	N	Y	E	A	E	I	I	T	R	B	E	L	Q	I	O
M	D	U	O	A	L	T	F	P	P	U	A	L	Z	W	A	A	T	N
B	O	L	W	I	T	S	B	U	B	P	U	P	E	F	G	S	N	R
G	F	X	B	P	N	S	P	Y	B	O	O	T	H	D	I	C	J	D
P	F	O	G	A	M	E	C	H	A	N	G	E	R	O	R	S	R	I
B	M	U	C	T	U	R	F	W	A	R	H	C	O	V	L	K	S	J

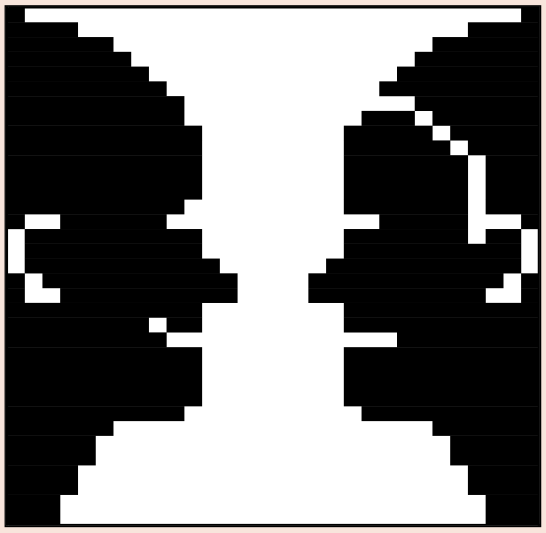
ARROWWORD

		C		M		M		T		S		M			L		O
S	P	A		A	X	E		E	X	H	A	U	S	T	I	O	N
	A	L	E	X		S	I	R		U		L	O	A	D		U
B	L	E	M	I	S	H		M	O	N	O	T	O	N	O	U	S
		D	U	M	P		T	I	N	T		I	N	N		N	
A	D	O		S	A	L	U	T	E	S		T		E	L	S	E
	I	N	K		D	A	R	E	D		H	U	R	R	I	E	D
L	E	I		Y	E	T	I		G	L	A	D	E		N	A	G
	T	A	X		S	E	N	S	E		D	E	P	L	E	T	E

LOGIC

Celestial body	Year	Trace metal	Weight
Asteroid	2001	Gold	3kg
Comet	2016	Iron	24kg
Mars	2006	Aluminium	9kg
The Moon	1984	Nickel	27kg
Earth	1991	Silver	12kg

NONAGRAM



BIG X SUDOKU

6	1	5	7	2	9	8	4	3				8	9	4	3	7	5	6	1	2
8	2	4	3	5	1	6	7	9				2	7	1	4	6	8	9	3	5
7	9	3	8	4	6	5	1	2				6	3	5	2	9	1	4	8	7
1	6	7	2	3	8	9	5	4				5	8	9	6	1	4	2	7	3
5	3	2	9	1	4	7	8	6				1	2	6	8	3	7	5	9	4
4	8	9	6	7	5	3	2	1				3	4	7	5	2	9	8	6	1
9	7	6	1	8	2	4	3	5	8	9	6	7	1	2	9	4	6	3	5	8
3	5	1	4	9	7	2	6	8	7	4	1	9	5	3	7	8	2	1	4	6
2	4	8	5	6	3	1	9	7	3	2	5	4	6	8	1	5	3	7	2	9
						8	1	3	4	5	7	2	9	6						
						9	7	4	2	6	8	5	3	1						
						6	5	2	1	3	9	8	7	4						
2	6	9	7	5	4	3	8	1	9	7	2	6	4	5	3	8	2	1	9	7
5	3	8	9	2	1	7	4	6	5	8	3	1	2	9	4	5	7	6	8	3
1	7	4	3	8	6	5	2	9	6	1	4	3	8	7	1	9	6	4	5	2
8	2	5	4	9	3	1	6	7				7	1	6	2	3	8	9	4	5
6	9	7	8	1	5	2	3	4				4	9	2	7	6	5	8	3	1
4	1	3	2	6	7	8	9	5				8	5	3	9	4	1	2	7	6
9	8	6	1	7	2	4	5	3				5	3	8	6	2	4	7	1	9
3	5	1	6	4	8	9	7	2				9	6	1	8	7	3	5	2	4
7	4	2	5	3	9	6	1	8				2	7	4	5	1	9	3	6	8

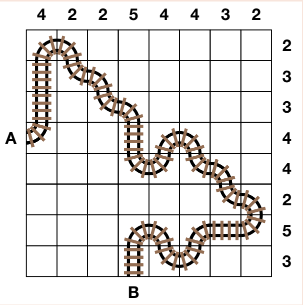
SUDOKU EASY

9	2	4	8	7	3	5	1	6
1	5	3	9	6	4	8	7	2
8	7	6	5	1	2	4	3	9
6	1	9	2	4	7	3	5	8
5	8	2	1	3	9	7	6	4
4	3	7	6	8	5	2	9	1
2	6	5	7	9	8	1	4	3
3	9	8	4	5	1	6	2	7
7	4	1	3	2	6	9	8	5

DOUBLE JIGWORD A

G	U	S	T	S		S	A	C
O		U		C		P		A
R	E	P	E	A	T	I	N	G
E		E		V		N		E
	C	R	E	E	P	E	R	
F		H		N		L		U
E	V	E	R	G	R	E	E	N
T		R		E		S		I
A	D	O		R	E	S	E	T

MAKING TRACKS



SUDOKU HARD

6	1	7	3	2	8	4	9	5
8	9	5	1	4	7	2	3	6
4	3	2	9	6	5	8	1	7
2	6	9	8	5	1	7	4	3
7	5	3	6	9	4	1	2	8
1	8	4	2	7	3	5	6	9
9	4	1	7	8	6	3	5	2
5	2	8	4	3	9	6	7	1
3	7	6	5	1	2	9	8	4

DOUBLE JIGWORD B

	P		M		M		V	
R	A	T	E		A	G	A	R
	N		A		G		T	
B	E	A	T	I	N	G		
	L		B		E		T	
		M	A	R	T	I	A	L
	F		L		I		M	
H	A	U	L		S	H	E	D
	D		S		M		D	

ENTER VOWEL

C	U	R	A	T	O	R		C	A	R	O	L
	S		L		P		S		L		B	
L	E	A	G	U	E		O	B	O	I	S	T
	D		E		R		O		O		O	
			B	E	A	U	T	I	F	U	L	
	A		R				H				E	
A	G	H	A	S	T		E	R	E	C	T	S
	E				R				L		E	
	G	A	R	D	E	N	P	E	A			
	R		E		M		A		T		N	
D	O	M	I	N	O		N	O	I	S	E	S
	U		G		R		D		O		T	
O	P	E	N	S		E	A	R	N	E	S	T

NICHOLLS LEADS TRIBUTES TO 'WONDERFUL' BIG BUCK'S

BY **JASON HEAVEY**

BIG BUCK'S, one of the greatest staying hurdlers of all time, has died at the age of 23.

Owned by the late Andy Stewart, he was part of a golden age for trainer Paul Nicholls as he counted Kauto Star, Denman, Master Minded and Neptune Collonges among his stablemates. Big Buck's had always been viewed by connections as a potential top-class chaser, however, a fall at the final fence in the 2008 Hennessy Gold Cup saw him revert back to hurdles and he never looked back.

He won what is now the Stayers' Hurdle a record four times, the Liverpool Hurdle four times and three times he came home in front in the Long Walk Hurdle. Nicholls (left) said: "Ability-wise he was probably as good as anything I've trained, it's just a shame he couldn't jump a chase fence.

"He was a wonderful horse for a wonderful owner who deserved to own a great horse like that.

"Over hurdles he was invincible. Andy said I was bonkers, but going back over hurdles was the best thing we ever did."

STAYING LEGEND
Big Buck's

SPORT STAR Sunday

BRITAIN'S NUMBER ONE RACING PULLOUT – NOW 7 DAYS A WEEK

Star Form

HOME RULE

Shergar Cup glory for GB & Ireland trio

BY **DAVID YATES**

TEAM GB & Ireland justified the bookies' odds by winning the Dubai Duty Free Shergar Cup at Ascot.

After failing to pick up any points in the first of six races, the home trio of captain Saffie Osborne, Ryan Moore and Dylan Browne McMonagle began dominating proceedings by winning three races in a row.

Moore took victory on Asgard's Captain in the Challenge over 1m 4f, Osborne was triumphant aboard Red Spells Danger in the 6f Sprint, and then Moore recorded his second win in the Classic over 1m 4f on Archers Bay.

His two victories helped Moore collect the Silver Saddle as the top jockey, finishing with 47 points, which was 12 clear of the Team Europe's consistent Christophe Lemaire, who returned two second places and a third.

Europe finished joint second in the team standings alongside Cup debutants Hong Kong.

Full story on Page 3

WORLD BEATERS
Ryan Moore after Asgard's Captain's victory and (inset) Saffie Osborne winning on Red Spells Danger

PAUL JACOBS' TOP TIPS P2 RESULTS ROUND-UP P2&3 TODAY'S UK & IRISH RACECARDS P4

Sallaal now looking at top-level prizes

BY **JASON HEAVEY**

SALLAAL continued his progression through the ranks adding the Group Three Betway Rose of Lancaster Stakes to his career haul and teeing up a possible tilt at the highest level in the Qipco Champion Stakes.

The Roger Varian-trained Frankel colt followed impressive handicap and Listed successes with this Group Three prize under jockey Ray Dawson, stretching away from Sea Scout to win by a length and three-quarters. "It's probably the slowest he has ever been in a race but he behaved really well and we are delighted with this horse's progression," said the winning jockey.

"It was kind of a sprint for the last three-and-a-half furlongs and he is not a sprinter, he is more of a stayer.

"He stays very well and has a good cruising speed and as soon as he felt Oisin (Murphy) come to me (on Nahraan) he has run on and was hard to pull up.

"It will be exciting to see where he goes."

PETER NAUGHTON'S HORSE RACING TIPS
peternaughtontips
My daily phone line contains tips and information from the very best contacts in horse racing
CALL 0900 140 1005 FROM MIDDAY TODAY
Calls cost £1.50 per min plus your telephone access charge.
You must be 18+. Service provider: Spoke 0333 202 3390

RED HOT BOOKIE BASHER
SUPERB WINNERS MONTH AFTER MONTH
FROM MY WELL CONNECTED CONTACTS
BIG WINNING DAY > LINED UP TODAY
Call 0906 174 9389 Line updates at 10am and 4pm daily
Lines updated at 10am & 4pm daily. Calls will cost £1.50 per minute plus your telephone company's network access charge. SP: Spoke. Helpdesk 0333 202 3390.

DAILY STAR
OFFICIAL HORSE RACING COMMENTARY AND RESULTS
Call 0905 817 2636
Calls cost 80p per min plus your telephone company's network access charge. 18+ only. SP: Spoke. Helpline: 0333 202 3390

THEKNOW
RACING SERVICE
LATEST WINNERS
KON TIKI
WON 7-2 (Ascot)
NEVER ENOUGH
WON 11-8 (Ascot)
SORRENGAIL
WON 2-1 (Ascot)
HALE END
WON 9-4 (Ayr)
INDEFENSIBLED
WON 11-10 (Redcar)
INSPIRE
WON 2-1 (Hamilton)
DON'T MISS OUT!
Call
0906 174 2314
from 9am daily
Calls cost £1.50 per min plus your network access charge.
You must be 18+. Helpline: 0333 202 3390

Let's Cel-ebrate

OISIN TO CLAIM IRISH PRIZE

ON A MISSION Celeron can claim a big scalp this afternoon

JACOBS' Crackers

FIVE-TIME NAPS TABLE CHAMP MOORESTYLE'S BEST BETS...

CELERON (4.00) can rain on Aidan O'Brien's parade by claiming the feature Group One Keeneland Phoenix Stakes at the main expense of his Sun Goddess at the Curragh this afternoon.

The Ballydoyle maestro has won this Group One juvenile contest an amazing 17 times and bids to make it a record 18th with the daughter of Sioux Nation following her bounce-back success in the Airlie Stud Stakes over the course and distance following a surprise defeat at Royal Ascot.

However, I think the filly could prove vulnerable again going up against the boys and this son of Mohaather, trained by Michael O'Callaghan and today ridden by British champion jockey Oisin Murphy, is due the utmost respect after taking his form to an entirely new level by winning the Group Two GAIN Railways Stakes in sensational fashion three weeks ago.

After racing prominently, he showed a classy turn of foot to dismiss his six rivals by three lengths or more and the forecast fast ground is very much in his favour.

A winner of a handicap on this card four years ago, Big Gossey has form figures of 464 in the Phoenix Sprint Stakes and the old man arrives at the top of his form.

However, he may have to give best to last year's victor **BUCANERO FUERTE (3.25)**.

The Amo Racing charge will defend his title following a lovely prep race behind Cover Up in the Sapphire Stakes when he just raced a bit too freely.

That should have put him right for this and I confidently expect him to take care of the British raider Big Mojo.

Mick Appleby's charge was desperately disappointing in the July Cup, but had previously run a super race to finish a close-up eighth, beaten two and three quarter lengths, in the King Charles III Stakes at Royal Ascot.

It looks like Gordon Elliott has been getting **SNEDDY EDDIE (4.53)** ready for a minor handicap plot and I reckon that the six-year-old could be ready to strike in the two-and-three-quarter mile handicap hurdle at Downpatrick.

An eye-catcher on each of his last three starts, this extra half mile could bring out the best in this bay gelding and he gets the nod over course and distance winner Sineads Fancy.

In the UK, **CASH FLOW BOY (2.41)** ran well over the course and distance at Chepstow in maiden company last month and makes his handicap debut off an attractive mark of just 58.

Meanwhile, **GO VICTOR (3.51)** may follow up his recent out-of-the-blue win at Pontefract two weeks ago.

The best wager at Leicester could be **BAYSIDE (2.59)**.

Rod Millman's charge wasn't disgraced in the Chesham Stakes at Royal Ascot and gets the chance to run off a mark of 71 in this ordinary nursery handicap.

OTTOMAN (3.34) has form figures of 15821 at the East Midlands track and may be able to bounce back from a moderate effort at Chester in the class five event.

Finally, have a second look at **VENETIAN SKY (4.09)** as the chestnut filly has been crying out for a step back up to a mile.

PAUL JACOBS' TOP TIPS

NEXT WEEK	BEST LONGSHOT	ANTE-POST	BEST EACH-WAY
Upped to 14 furlong for the first time in his career, **ENIAC** (4.45) should relish the stamina test at Carlisle on Tuesday.	Dropping back to five furlongs and with the blinkers applied, **ALL HAIL** (4.35) can outrun his price at the Curragh.	If turning out again, **NEVER SO BRAVE** should well run in Saturday's Hungerford Stakes at Newbury.	**The wonderfully bred POPPED (1.45) could prove a surprise package at the Curragh this afternoon.**

YESTERDAY'S RESULTS

★ **SUGAR YES PLEASE could have a bright future having run out winner of the Newsells Park Stud Sweet Solera Stakes at Newmarket.**

Trained by Eve Johnson Houghton, the Newbury winner was sent off at 11-1 and flew home late to deny the Kevin Philippart De Foy-trained 6-4 favourite Nuit d'Eclair by half a length.

ASCOT

1.35: **1, TUCO SALAMANCA** (C L Chau 4-1); **2, Gold Star Hero** (20-1); **3, Fandom** (5-1). 10-3 fav All Ways Glamorous. 1½l, nk. 10 ran. Ollie Sangster. Tote: £5.00; pl £1.50, £5.40, £2.15. Exacta: £75.10. Tricast: £423.30. Trifecta: £448.90. CSF: £82.61.

2.10: **1, DANCING IN PARIS** (L Ferraris 17-2); **2, Shrimp Shady** (11-10 fav); **3, Mountain Road** (10-1). 1l, ½l. 10 ran. I Williams. Tote: £9.55; pl £2.65, £1.15, £3.45. Exacta: £24.90. Tricast: £100.70. Trifecta: £179.80. CSF: £18.29.

2.45: **1, ASGARD'S CAPTAIN** (R L Moore 13-2); **2, Sportingsilvermine** (16-1); **3, Enemy** (28-1). 9-4 fav Night Breeze. 1¼l, nk. 10 ran. D Cunha. Tote: £7.50; pl £1.95, £4.25, £7.70. Exacta: £97.70. Tricast: £2714.36. Trifecta: £2907.40. CSF: £102.34.

3.20: **1, RED SPELLS DANGER** (S Osborne 2-1 jtfav); **2, Thunder Call** (2-1 jtfav); **3, May Angel** (5-1). 1½l, ¾l. 9 ran. T Easterby. Tote: £3.70; pl £1.40, £1.25, £1.80. Exacta: £12.20. Tricast: £16.54. Trifecta: £37.80. CSF: £5.55. NR: American Gulf.

3.55: **1, ARCHERS BAY** (R L Moore 5-2); **2, King Of Berkshire** (8-1); **3, Baltic Fleet** (28-1). 13-8 fav Hoseki. 3¼l, nk. 10 ran. M Botti. Tote: £3.75; pl £1.50, £2.70, £4.60. Exacta: £27.60. Tricast: £456.11. Trifecta: £528.50. CSF: £22.16.

4.30: **1, CROWN BOARD** (F Valle Skar 10-1); **2, Bullet Point** (7-2 jtfav); **3, Ozat** (7-2 jtfav). 3¾l, ns. 10 ran. J Chapple-Hyam. Tote: £11.00; pl £3.25, £2.00, £1.85. Exacta: £58.80. Tricast: £155.20. Trifecta: £385.70. CSF: £45.90.

JACKPOT: £5,000.00, with £3,544.12 carried over.
QUADPOT: £37.10
PLACEPOT: £100.50

AYR

5.27: **1, ROMAN CRYSTAL** (B Garritty 7-2); **2, Beechwood Glory** (13-8 fav); **3, Unbeatable Fame** (28-1). 1¾l, 2½l. 9 ran. M & D Easterby. Tote: £4.50; pl £1.60, £1.30, £5.90. Exacta: £14.20. Trifecta: £173.30. CSF: £9.74. NR: Lone Striker.

6.00: **1, SOUTH PARADE** (E Tindall 9-2); **2, Startling** (16-1); **3, Harry Mole** (11-2). 4-1 fav Harb. 1½l, 2½l. 12 ran. R & P Fahey. Tote: £6.30; pl £2.10, £4.20, £1.80. Exacta: £88.90. Tricast: £424.37. Trifecta: £426.90. CSF: £76.98. NR: King Of The Jungle.

6.30: **1, POL ROGER** (S B Kirrane 20-1); **2, Tiger** (6-5 fav); **3, Faeberon** (22-1). nk, 2¼l. 13 ran. M Dods. Tote: £26.30; pl £5.00, £1.20, £6.10. Exacta: £82.70. Tricast: £610.27. Trifecta: £1048.10. CSF: £45.53. NR: Annandale.

7.00: **1, THEORYOFEVERYTHING** (J Hart 7-2 jtfav); **2, Military Leader** (7-2 jtfav); **3, Breakdancer** (14-1). ¾l, shd. 10 ran. D O'Meara. Tote: £4.60; pl £1.90, £1.60, £3.20. Exacta: £22.40. Tricast: £158.74. Trifecta: £181.00. CSF: £15.96.

7.30: **1, THUNDERSTORM KATIE** (Lauren Young 8-1); **2, Whiskey Kisses** (28-1); **3, Mr Cool** (7-2). 10-3 fav Kelpie Grey. 2l, nk. 13 ran. J Goldie. Tote: £9.50; pl £2.50, £5.50, £1.70. Exacta: £245.20. Tricast: £947.12. Trifecta: £2112.30. CSF: £229.63.

HAYDOCK

1.50: **1, LC TIFFEN** (Molly Gunn 80-1); **2, Saxophonist** (4-1); **3, Brighton View** (2-5 fav). nk, 1¼l. 5 ran. L Williamson. Tote: £81.00; pl £11.10, £1.20. Exacta: £224.40. Trifecta: £490.10. CSF: £354.47. NR: Claytons Kolatonic.

2.25: **1, SALLAAL** (R Dawson 1-2 fav); **2, Sea Scout** (11-1); **3, Nahraan** (5-1). 1¾l, 1l. 4 ran. R Varian. Tote: £1.50; Exacta: £5.40. Trifecta: £11.90. CSF: £6.32. NR: Danger Bay.

3.00: **1, CALENDAR GIRL** (C Rodriguez 13-2); **2, Pacific Mission** (12-1); **3, Fallen Angel** (11-8 fav). 1¼l, nk. 10 ran. Owen Burrows. Tote: £7.50; pl £3.10, £1.20, £2.00. Exacta: £76.20. Trifecta: £298.00. CSF: £79.61. NR: Maeva.

3.34: **1, PELLITORY** (D Tudhope 3-1); **2, Crimson Spirit** (5-2 fav); **3, Christian David** (3-1). 3¾l, ¾l. 6 ran. D O'Meara. Tote: £4.00; pl £2.10, £1.80. Exacta: £12.50. Trifecta: £31.80. CSF: £11.27. NR: Wechaad.

4.09: **1, NORCROSS BROW** (Liam Wright 4-1); **2, Crafty Blue** (5-1); **3, Galba** (6-1). 15-8 fav Norfolk Blue. nk, 2½l. 8 ran. Charlie Clover. Tote: £5.00; pl £1.60, £1.80, £1.80. Exacta: £24.30. Tricast: £109.48. Trifecta: £87.50. CSF: £24.66. NR: Berlinetta, Napolian.

4.40: **1, ARCTIC THUNDER** (K Shoemark 7-2); **2, Inspired** (17-2); **3, Yorkshire** (11-1). 10-3 fav Lost Signal. 2½l, ¾l. 13 ran. E Walker. Tote: £4.70; pl £1.80, £3.00, £3.40. Exacta: £39.60. Tricast: £313.92. Trifecta: £307.60. CSF: £35.20. NR: Skipper.

5.10: **1, HOME HERO** (L Catton 7-2); **2, Sunshine And Roses** (11-1); **3, Sandy Craic** (3-1). 5-2 fav Suggy. 2¾l, ½l. 6 ran. H Palmer. Tote: £4.80; pl £2.30, £3.20. Exacta: £35.50. Tricast: £122.19. Trifecta: £109.00. CSF: £37.26. NR: Director's Cut, Forever Endless.

QUADPOT: £16.90

BY **DAVID YATES**

RYAN MOORE proved worth the wait for Shergar Cup fans as the Great Britain & Ireland team delivered on its hot-favourite status for the international jockeys' challenge.

Moore was riding at the Ascot-staged event for the first time in 20 years and bookmakers took no chances about his partnership with man-of-the-moment Dylan Browne McMonagle and in-form captain Saffie Osborne proving too strong for rivals Europe, Rest Of The World and Hong Kong.

Great Britain & Ireland were as short as 2-5, despite the presence in opposition of global superstars Christophe Lemaire (Europe) and Yutaka Take (Rest Of The World), while Moore was the 7-4 market leader to land the Alistair Haggis Silver Saddle for the competition's leading jockey.

Both favourites obliged, with Moore being soaked in champagne by his skipper as GB&I received their prizes on the famous Ascot podium.

"I got more of it on myself, but I got him," said Osborne. "He knew what was coming but I had to do it It's been a brilliant day and I feel very lucky to share the weighing room every day with such world-class jockeys."

But those who sang "Racing's Coming Home!" as they made their way through the Ascot gates saw the Shergar Cup turn into a game of two halves.

Shergar Cup debutants Hong Kong made a flying start with victory in the first two races.

Jerry Chau came home strongly on Tuco Salamanca to beat Hong Kong team-mate Vincent Ho aboard Gold Star Hero in the opening Dash.

Not to be outdone, Hong Kong-based South African Luke Ferraris got on the board when Dancing In Paris denied the Moore-partnered 11-10 favourite Shrimp Shady in the Stayers.

But success for Moore's mounts Asgard's Captain in the Challenge and Archers Bay in the Classic – either side of Osborne's win on Red Spells Danger in the Sprint – turned things round for the home side.

And the result – Great Britain & Ireland triumphed with 81 points with Hong Kong and Europe (62) in a tie for second place and the Rest Of The World (39) in fourth – was rubber-stamped as Europe's Frida Valle Skar brought Crown Board home in the concluding Mile.

Riding commitments for Aidan O'Brien have kept Moore away from the Shergar Cup in recent years but the 42-year-old, recognised as the world's best jockey, said: "I had nothing else on today, so it's nice to be here.

"It's nice to see the likes of Yutaka and Christophe and it's always nice to ride winners."

THREE-SY DOES IT FOR HOSTS

Moore and Osborne lead way for GB&I

UP FOR THE CUP Saffie Osborne with the Shergar Cup trophy flanked by team-mates Ryan Moore and Dylan Browne McMonagle

Pacy Berries can be the pick of the day

HOT DOGS

WITH JONATHAN HOBBS

DROOPYS BERRIES (4.47) can be the cherry on the cake when Kevin Hutton's dog goes the Betway Standard over 500m at Towcester today, live on the Premier Greyhound Racing service.

The Hutton team enjoyed a red-letter day with four winners last week on the regular Sunday card at the Northamptonshire venue and the strong-running blue-jacketed runner can deliver today – bouncing back from a narrow but creditable C&D defeat himself seven days ago.

A draw closer to the inside can help Droopys Berries secure a decent pitch into the turn after which his back-straight pace can make hay at the expense of kennelmate Southfield Hugo for a Hutton one-two.

The Patrick Janssens-trained **FABULOUS ARIA** (3.32) has the Yarmouth Derby as a target and can warm up for that by winning the Betway Ladies 500 over 500m.

A regular Towcester winner, Fabulous Aria is up against a strong Kevin Hutton team of Dunstall Park centenary meeting British-bred winner Signet Nayla and the returning Resonate but the Janssens charge has every chance of getting first run.

Janssens will also have high hopes for the prolific Yahoo Megan in the Betway Sprint but preference in the 270m contest is just for the Roy Peckham-trained **DUFFIN DERMY** (4.09) who has some eye-catching formlines on the card at Hove and Romford and might use a draw inside his chief rival to get first run in the two-bend event.

Other Towcester fancies are Angie Kibble's **RIOJA WANDA** (2.54) in the Betway Maiden 460 over 460m and the prolific-scoring Kevin Hutton speedster **START THE ENGINE** (5.24) in the Betway Standard 460, also over 460m.

- *In association with Betway Towcester Racecourse – home of the 2026 Star Sports & Orchestrate English Greyhound Derby. See the revamped website www.towcester-racecourse.co.uk for racing information and bookings.*

GREYHOUND RESULTS

DONCASTER

10.32: **Ballinderry Luna** (2) 5-2, Put Things Right (1) Evens fav, bf: £6.00, tri: (2-1-6) £0.00. 10.48: **Gaytime Orla** (1) 6-4, Droopys Freebie (3) 15-8, bf: £6.05, tri: (1-3-6) £0.00. 11.04: **Rebel Eclipse** (3) 10-11 fav, Grouchos Panther (4) 7-1, bf: £9.70, tri: (3-4-1) £0.00. 11.21: **Busy Cailin** (5) 8-1, Soapy Bubbles (2) Evens fav, bf: £25.01, tri: (5-2-6) £0.00. 11.38: **Tommys Flavour** (4) 11-10 fav, Keefill Storm (1) 7-2, bf: £6.73, tri: (4-1-5) £0.00. 11.54: **Redbrick Adele** (5) Evens fav, Grouchos Emily (3) 3-1, bf: £5.76, tri: (5-3-4) £0.00. 12.12: **Real Gone Kid** (4) 5-2, Comer Penny (2) 14-1, bf: £35.51, tri: (4-2-3) £0.00. 12.29: **Hawthorn Speed** (2) 3-1, Easy Kite (1) 11-2, bf: £22.90, tri: (2-1-4) £0.00. 6.11: **Grovenor Mona** (6) 11-10 fav, Grovenor Eevee (3) 7-4, bf: £4.32, tri: (6-3-2) £0.00. 6.29: **Grumpy Kevin** (5) 7-1, Rosshill Storm (4) 6-5 fav, NR: Ferryforth Cody (res), bf: £22.15, tri: (5-4-3) £0.00. 6.46:. 7.04:. 7.24:. 7.42:. 7.58:. 8.16:. 8.34:. 8.52:. 9.09:.

MONMORE

11.01: **Good Gold** (2) 6-4 fav, Tiree (4) 7-2, bf: £8.43, tri: (2-4-5) £19.59. 11.18: **Westway Kai** (1) 7-2, Tromora Spice (3) 2-1, bf: £14.07, tri: (1-3-6) £26.07. 11.34: **Bellas Fox** (2) 6-4 fav, Paper Over Crack (4) 10-1, bf: £20.90, tri: (2-4-3) £69.45. 11.52: **Longacres Shotta** (2) 11-4, Eternal Spirit (4) 16-1, bf: £50.67, tri: (2-4-1) £216.16. 12.09: **Longacres Fee** (6) 2-1 jt-fav, Sporting Inca (1) 2-1 jt-fav, bf: £7.23, tri: (6-1-2) £0.00. 12.26: **Yama Wizard** (3) 4-5 fav, Kilara Jag (4) 7-2, NR: Monument Valley (res), bf: £4.91, tri: (3-4-2) £10.14. 12.42: **Dhustone Spud** (1) 7-2, Whiterock Ace (6) 5-4 fav, bf: £11.57, tri: (1-6-2) £32.75. 12.59: **Good Maverick** (4) 4-1, Aero Noduff (3) 2-1 jt-fav, bf: £16.19, tri: (4-3-1) £0.00. 1.17: **Aero Mockery** (4) 9-4, Bang On Big Mick (2) 7-4 fav, bf: £8.10, tri: (4-2-6) £0.00. 1.33: **Millview Mags** (4) 11-8 fav, Get In Line (3) 6-4, bf: £3.96, tri: (4-3-6) £0.00. 1.51: **Union Raider** (3) 9-2, Jayavakno (1) 6-5 fav, bf: £14.38, tri: (3-1-4) £0.00. 2.07: **Ballybough Mikey** (5) 5-4 fav, Aero Immoral (4) 10-3, bf: £7.02, tri: (5-4-2) £0.00. 6.14: **Grouchos Gregor** (1) 10-3, Headford Dane (4) 6-4 fav, bf: £10.63, tri: (1-4-2) £39.99. 6.34: **Wicky Ned** (3) 6-4 fav, Anglesey Milo (1) 4-1, bf: £8.35, tri: (3-1-6) £17.72. 6.54:. 7.14:. 7.34:. 7.54:. 8.14:. 8.34:. 8.54:. 9.14:. 9.34:. 9.50:.

NEWCASTLE

2.28: **Teddys Lass** (4) 8-1, Clona Levi (1) 10-11 fav, bf: £22.47, tri: (4-1-6) £0.00. 2.48: **Alnwick News** (2) 9-1, Mcdara Julie (1) 10-3 and Greenwell Bolt (6) 11-10 fav (dd-ht 2nd), bf: (2-6) 14.56, (2-1) 25.55, tri: (2-6-1) <\#U+00A3>35.93, (2-1-6) <\#U+00A3>45.61. 3.08: **Ballycian Boy** (4) 11-10 fav, Unsurprisingly (5) 9-4, bf: £4.49, tri: (4-5-2) £0.00. 3.28: **Canny Stunner** (3) 7-4, Alnwick Martyn (5) 13-8 fav, bf: £5.38, tri: (3-5-2) £0.00. 3.48: **Katies Captain** (6) 4-1, Ashwood Chanel (1) 5-1, bf: £28.93, tri: (6-1-2) £0.00. 4.08: **Alnwick Tornado** (4) 5-2, Love The Dogs (6) 6-1, bf: £20.42, tri: (4-6-5) £44.01. 4.28: **Howay Suarez** (3) 11-8 fav, Shorten The Tale (1) 10-3, bf: £6.99, tri: (3-1-5) £0.00. 4.48: **Johnny Chase** (1) 11-8 fav, Amtheone (2) 11-4, bf: £5.84, tri: (1-2-3) £15.08. 5.08: **Salahs The Goat** (3) 3-10 fav, Wraysbury King (5) 8-1, bf: £5.46, tri: (3-5-1) £16.38. 5.24: **Wirtz Class** (3) 8-1, Swift Hairy (6) 11-4, bf: £42.87, tri: (3-6-1) £112.53. 5.43: **Anglesey Flight** (3) 2-1, Howtimeflys (1) 6-4 fav, bf: £6.21, tri: (3-1-6) £0.00. 6.01: **Wanted Bocko** (2) 5-2, Alove Supreme (5) 5-1, bf: £17.44, tri: (2-5-4) £0.00.

ROMFORD

11.09: **Ideal Guest** (3) 7-4 fav, Bombay Trend (4) 7-1, bf: £15.84, tri: (3-4-5) £0.00. 11.27: **Express Tag** (5) 7-2, Lollipop Lucy (4) 7-4, bf: £14.03, tri: (5-4-2) £0.00. 11.43: **Newtown Sinead** (2) 4-1, Harrys Bluey (6) 5-1, bf: £31.43, tri: (2-6-3) £0.00. 12.01: **Cofam Bob** (2) 2-1 fav, Swift Kelvin (5) 11-4, bf: £9.01, tri: (2-5-1) £0.00. 12.18: **Haverhill Ellie** (5) 6-1, Itsur View (3) 15-8, bf: £27.91, tri: (5-3-2) £0.00. 12.34: **Velvet Kaela** (1) 15-8 jt-fav, Catunda Nemo (5) 7-2, bf: £10.26, tri: (1-5-2) £0.00. 12.51: **Yahoo Bree** (3) 10-1, Jims Buddy (1) 7-4 fav, bf: £35.68, tri: (3-1-2) £0.00. 1.08: **Zenith Sunrise** (3) 2-1 and **Langston Lucky** (6) 11-10 fav (dd-ht 1st), bf: (3-6) £2.34, (6-3) 1.99, tri: (3-6-1) £0.00, (6-3-1) £0.00. 1.26: **Full Monty** (1) 11-4, Rapido Louise (5) 7-2, bf: £15.14, tri: (1-5-4) £0.00. 1.42: **Jacktavern Luna** (4) 4-1, Coyote Izzy (2) 11-4, bf: £18.96, tri: (4-2-5) £0.00. 1.59: **Odas Mae Brown** (4) 6-5 fav, Keefill Darwin (6) 11-1, bf: £18.64, tri: (4-6-5) £0.00. 2.14: **Distant Lilly** (3) 4-1, Lavan Minstrelle (5) 7-2, bf: £23.64, tri: (3-5-2) £0.00.

PLACEPOT: £155.60

LINGFIELD

5.40: **1, FEMME FATALE** (G Wood 10-3); **2, Fabled Spirit** (15-2); **3, Last Flight** (13-2). 2-1 fav Si White. hd, ns. 10 ran. J Tate. Tote: £5.40; pl £1.60, £2.30, £2.20. Exacta: £34.70. Tricast: £156.91. Trifecta: £145.90. CSF: £28.40.

6.10: **1, WYLE COP** (Jason Watson 9-1); **2, Sunlit Sea** (6-5 fav); **3, Go Lockers Go** (15-2). 1¼l, 1½l. 6 ran. Jack Jones. Tote: £10.50; pl £4.60, £1.50. Exacta: £31.90. Trifecta: £153.20. CSF: £20.54.

6.40: **1, HALIMEDE** (L Morris 8-15 fav); **2, V Power** (10-1); **3, Shopaholic** (15-2). 3¼l, 2¼l. 7 ran. Sir M Prescott. Tote: £1.54; pl £1.10, £3.10. Exacta: £6.20. Trifecta: £27.20. CSF: £7.96.

7.10: **1, KANZI** (C Shepherd 8-11 fav); **2, Ozone Friendly** (5-1); **3, Saffron Bay** (10-3). 2½l, ns. 6 ran. C Johnston. Tote: £1.73; pl £1.10, £3.40. Exacta: £4.20. Trifecta: £10.40. CSF: £4.99. NR: Norfolk Dream.

NEWMARKET

1.55: **1, SUGAR YES PLEASE** (C Bishop 11-1); **2, Nuit D'eclair** (6-4 fav); **3, Martinet** (14-1). ½l, 4½l. 7 ran. E J-Houghton. Tote: £12.00; pl £4.60, £1.50. Exacta: £36.60. Trifecta: £226.00. CSF: £27.05.

2.30: **1, EABHA** (C Bishop 15-2); **2, Mysterious Times** (6-5 fav); **3, Theheatison** (33-1). 1l, nk. 7 ran. E J-Houghton. Tote: £8.50; pl £3.00, £1.40. Exacta: £22.30. Tricast: £278.11. Trifecta: £189.70. CSF: £16.59. NR: Regal Tiger.

3.05: **1, LEX VICTORIA** (D Probert 4-1); **2, Thi Qar** (9-1); **3, Watch Party** (13-8 fav). nk, 4½l. 6 ran. S & E Crisford. Tote: £5.00; pl £2.10, £3.30. Exacta: £20.20. Trifecta: £52.40. CSF: £37.64. NR: Danse Royale, Rubyroo.

3.40: **1, ARCTIC DAWN** (H Crouch 11-2); **2, Castle Rock** (5-2 fav); **3, Humam** (11-1). ½l, ½l. 10 ran. D & C Kubler. Tote: £7.20; pl £2.20, £1.60, £2.80. Exacta: £22.70. Tricast: £153.96. Trifecta: £277.00. CSF: £20.15.

4.14: **1, MAN OF VISION** (Toby Moore 7-2); **2, Go Rimbaud** (6-1); **3, Drymee** (10-3). 5-2 fav Runswick. ns, ¾l. 6 ran. C Appleby. Tote: £4.50; pl £2.00, £2.70. Exacta: £21.10. Trifecta: £70.50. CSF: £24.03. NR: Luzon Heights.

4.50: **1, BRAVE NATION** (B Loughnane 15-8 fav); **2, Lion's House** (9-4); **3, Thornaby Pearl** (9-2). hd, nk. 6 ran. M Attwater. Tote: £2.88; pl £1.60, £1.60. Exacta: £8.40. Trifecta: £21.30. CSF: £6.66.

5.23: **1, PRINCE QUATTRO** (Mason Paetel 10-3); **2, Jack Langley** (11-8 fav); **3, Fram Castle** (10-3). 2¼l, nk. 6 ran. James Owen. Tote: £4.34; pl £1.90, £1.30. Exacta: £9.80. Trifecta: £22.60. CSF: £8.51.

QUADPOT: £25.90
PLACEPOT: £85.10

REDCAR

2.02: **1, RAGGAAS** (Oisin Orr 15-8); **2, Yimmna** (4-7 fav); **3, War And Love** (10-1). 2l, 5½l. 8 ran. S & E Crisford. Tote: £2.90; pl £1.10, £1.10, £1.90. Exacta: £4.10. Trifecta: £8.50. CSF: £3.43.

2.37: **1, SAXON GRACE** (Shane Gray 3-1); **2, Itszaboy** (33-1); **3, Ice Show** (28-1). 13-8 fav Here Comes Louie. 2¾l, ¾l. 8 ran. D Bourke. Tote: £4.00; pl £1.30, £6.50, £6.10. Exacta: £94.00. Tricast: £2352.15. Trifecta: £3686.60. CSF: £96.00.

3.12: **1, WELBURY** (Oisin Orr 9-1); **2, Barley** (11-2); **3, Nyman** (11-1). 7-2 fav Illy's Roo. 7l, 1¼l. 14 ran. E Bethell. Tote: £10.00; pl £2.90, £2.20, £2.90. Exacta: £56.30. Tricast: £574.94. Trifecta: £691.10. CSF: £60.65.

3.47: **1, ROSENPUR** (D Keenan 12-1); **2, Fidelius** (12-1); **3, Spring Is Sprung** (4-1). 5-4 fav Democracy Dilemma. ns, shd. 5 ran. J Candlish. Tote: £13.00; pl £3.30, £2.90. Exacta: £39.80. Trifecta: £188.40. CSF: £115.70.

4.19: **1, DORALEE** (D Nolan 3-1); **2, Ellie's De Vega** (7-4 fav); **3, Pinpoint** (4-1). 1l, ¾l. 7 ran. D & N Barron. Tote: £5.10; pl £1.90, £1.60. Exacta: £11.70. Trifecta: £31.00. CSF: £8.62. NR: Brave Bob.

4.57: **1, NEWPORT** (Oisin Orr 2-1); **2, Dubai Venture** (7-4 fav); **3, Saratoga Gold** (12-1). 1½l, 1¼l. 9 ran. I Jardine. Tote: £3.00; pl £1.20, £1.10, £2.70. Exacta: £6.90. Tricast: £30.67. Trifecta: £49.20. CSF: £5.83. NR: Gemical.

5.31: **1, FRENCH AFFAIR** (S D Bowen 13-8 fav); **2, Space Bear** (11-4); **3, Masaban** (11-4). nk, 1¾l. 7 ran. J Candlish. Tote: £2.63; pl £1.80, £1.50. Exacta: £7.90. Trifecta: £18.20. CSF: £6.39.

QUADPOT: £50.90
PLACEPOT: £331.90

WINNING START Team Hong Kong's Luke Ferraris after Dancing In Paris's success

StarForm NUMBER ONE FOR RACING

CURRAGH Racing TV

JASON HEAVEY		MOORESTYLE
Bengal Tiger	1.15	Bengal Tiger
Ibelieveicanfly	1.45	Popped (e/w)
Shakespeare	2.15	Benown
Ipanema Queen	2.50	Chicago Call (e/w)
Big Mojo	3.25	Bucanero Fuerte
Sun Goddess	4.00	Celeron
Jon Riggens	4.35	All Hail (e/w)
Kalir	5.10	Summer Island

1.15 IRISH EUROPEAN BREEDERS FUND MAIDEN
2YO 6f (19 runners) €12,397

1 (17) **A I NATION** J P Murtagh 9 7........**Jamie Powell** –
2 (3) 4 **ATLANTIC BRIDGE (21)** Robson Aguiar 9 7....**Donagh O'Connor** 77
3 (1) **BENGAL TIGER** A P O'Brien 9 7........**J Cleary (5)** –
4 (7) 53 **JEWEL IN A CROWD (44)** Ciaran Murphy 9 7........**L T McAteer** ★85
5 (12) **JOLTIN JOE** N Meade 9 7........**G M Ryan** –
6 (19) **KING PADDY** P W Flynn 9 7........**G F Carroll** –
7 (6) **MARCO POLO** A P O'Brien 9 7........**R P Whelan** –
8 (2) L0 **MUTAMARID LSK (18)(B)** Daniel Murphy 9 7........**J M Sheridan** 55
9 (18) 4 **MY LUCKY JOURNEY (18)** J A Stack 9 7........**D McDonogh** 79
10 (5) **NANDO THE GREAT** P W Flynn 9 7........**L F Roche** –
11 (16) **NEW WORLD ORDER** J P Murtagh 9 7........**O Murphy** –
12 (14) **PUSH THE BOAT OUT** M O'Callaghan 9 7........**C T Keane** –
13 (15) 5 **SANTERNO (112)** J P O'Brien 9 7........**D Browne McMonagle** 61
14 (8) 3233 **TRADEWINDS (21)(BF)** Donnacha O'Brien 9 7..**Paddy Harnett (5)** 84
15 (10) **BRAGEIRO** R O'Sullivan 9 2........**S Foley** –
16 (11) **KATTY** A Sexton 9 2........**David Egan** –
17 (9) 6 **LUCA BRILLANTE (92)** D K Weld 9 2........**C D Hayes** 38
18 (4) 53 **NEW BOND STREET (18)(BF)** P Twomey 9 2........**W J Lee** 81
19 (13) 52 **SNOWING (36)** A P O'Brien 9 2........**R L Moore** 78

Star Betting: 3 Snowing, 9-2 New Bond Street, 8 Tradewinds, Atlantic Bridge, Jewel In A Crowd, Bengal Tiger, 10 Marco Polo, My Lucky Journey, 12 others.

2025: Mission Central 9 7, R Moore 4-1 (A P O'Brien), drawn (7), 28 ran.

STARFORM: SNOWING **DANGER:** Tradewinds

1.45 FILLIES JUVENILE RACE
2YO 7f (15 runners) €17,355

1 (16) 01 **SWORD OF STATE (15)(D,G)** B Duke 9 9........**DOUBTFUL**
2 (9) 2 **ADMIRED BEAUTY (21)** J S Bolger 9 2........**D McDonogh** 84
3 (15) 53 **ALPINE WEDDING (21)** P Twomey 9 2........**DOUBTFUL**
4 (18) 03 **EXCEPTIONALLY (24)** A P O'Brien 9 2........**R P Whelan** 85
5 (6) L **GREEN SPARKLE (21)** J P O'Brien 9 2........**J M Sheridan** 71
6 (14) 424 **IBELIEVEICANFLY (21)(BF)(H*)** A P O'Brien 9 2........**R L Moore** ★97
7 (7) 0 **KATIRAYA (31)** D K Weld 9 2........**C D Hayes** 65
8 (13) 00 **SIEGE OF TYRE (24)** K Cotter 9 2........**L F Roche** 55
9 (12) 6 **SPECKLES (21)** A P O'Brien 9 2........**J Cleary (5)** 76
10 (3) 5 **VOICE OF YOU (31)** M C Hickey 9 2........**G F Carroll** 76
11 (17) **BIG BESSY** C Farrell 8 13........**DOUBTFUL**
12 (8) **CHATTERING CLASSES** J Harrington 8 13........**S Foley** –
13 (10) **DARLENE** Robson Aguiar 8 13........**Reese Holohan (7)** –
14 (4) **MISS HONG KONG** Donnacha O'Brien 8 13........**G M Ryan** –
15 (5) **POPPED** Donnacha O'Brien 8 13........**N M Crosse** –
16 (2) **RATHBRAN LADY** M Mulvany 8 13........**Wesley Joyce (3)** –
17 (11) **SUOMENLINNA** J P O'Brien 8 13........**D Browne McMonagle** –
18 (1) **TORVELLA** A Slattery 8 13........**A J Slattery** –

Star Betting: 2 Ibelieveicanfly, 4 Admired Beauty, 9-2 Suomenlinna, 10 Exceptionally, Miss Hong Kong, 12 others.

2025: Diamond Necklace 8 11, Wayne Lordan 9-1 (A P O'Brien), drawn (5), 10 ran.

STARFORM: EXCEPTIONALLY **DANGER:** Ibelieveicanfly

2.15 IRISH EUROPEAN BREEDERS FUND MAIDEN
2YO 7f (13 runners) €12,397

1 (10) 53 **ANCHOR ROAD (22)(BF)** G M Lyons 9 7........**C T Keane** 82
2 (4) **BENOWN** J P O'Brien 9 7........**J M Sheridan** –
3 (12) **CONSENZA** N Meade 9 7........**C D Hayes** –
4 (11) 5 **FORT DEARBORN (22)(T*)** J P Murtagh 9 7........**W J Lee** 75
5 (1) **LAKE LUGANO** A P O'Brien 9 7........**R P Whelan** –
6 (6) **LOUGHREA N ROLL** J P O'Brien 9 7........**D Browne McMonagle** –
7 (5) **RAGING BULL** A P O'Brien 9 7........**J Cleary (5)** –
8 (7) **ROMAYAN** J P Murtagh 9 7........**Jamie Powell** –
9 (2) **SELOSSE** J Harrington 9 7........**S Foley** –
10 (3) 32 **SHAKESPEARE (17)(BF)** A P O'Brien 9 7........**R L Moore** ★86
11 (13) 35 **SUPREME LORD (17)** Robson Aguiar 9 7........**David Egan** 77
12 (9) **THE CAPTAINS DAY** M O'Callaghan 9 7........**O Murphy** –
13 (8) 0 **OCEAN SURGE (56)** W McCreery 9 2........**D McDonogh** 56

Star Betting: 15-8 Shakespeare, 5 Anchor Road, 13-2 Loughrea N Roll, 7 Supreme Lord, 8 Raging Bull, 10 others.

2025: Geryon 9 7, Colin Keane 18-1 (G M Lyons), drawn (9), 10 ran.

STARFORM: SUPREME LORD **DANGER:** Fort Dearborn

2.50 SHEEHY MOTORS VOLKSWAGEN HANDICAP
5f (14 runners) €17,355

1 (9) 6260 **THE HIGHWAY RAT (22)(D6,A,G)(B)** A Oliver 8 10 0........**W J Lee** 99
2 (11) 0022 **GAZELLE D'OR (65)(CD2,C,D,G)(P)** M C Grassick 4 9 13...**S Coen (5)** 98
3 (3) 3302 **EROSANDPSYCHE (16)(D4,G)(T,V)** Daniel Murphy 8 9 11..**G F Carroll** 100
4 (6) 1265 **SARAHMAE (16)(CD,D4,G,S)** D Hogan 4 9 10..**Jared Huggan (10)** 97
5 (14) 0120 **HEADMASTER (22)(C,G,S)(T)** E Lynam 4 9 9..**D Browne McMonagle** 98
6 (8) 4601 **IPANEMA QUEEN (16)(CD,C,D2,A,G)** Robson Aguiar 3 9 8 **David Egan** 100
7 (2) 60-0 **ARUGAM BAY (126)(D,G)** E & P Harty 3 9 6..**Jessica O'Gorman (7)** 86
8 (4) 0144 **ROSIE FRITH (16)(D3,A,G)** P Magee 3 9 5........**C T Keane** 102
9 (5) 5600 **CHICAGO CALL (16)(G)(P)** J P Murtagh 3 9 3...**Donagh O'Connor** 97
10 (10) 3136 **GENESIS (16)(BF,CD,C,A,G)(P,T)** M Mulvany 5 8 13.. **W Joyce (3)** 94
11 (1) -11L **PRAIRIE GIRL (170)(D3,A)(P)** Daniel Murphy 4 8 13..**T Casey (7)** 101
12 (12) 1L04 **CUBAN GREY (42)(CD2,D5,A,G,S)(P)** P J McKenna 6 8 9 **L T McAteer** 100
13 (7) 031 **FINIKA (16)(G)** J Feane 3 8 8........**G M Ryan** 98
14 (13) 1002 **FOCACCIA (6)(D,G)** J A Stack 3 8 7........**A J Slattery** ★103

LONG HANDICAP: Focaccia 8-5.

Star Betting: 7-2 Ipanema Queen, 4 Erosandpsyche, 6 Rosie Frith, 8 Sarahmae, 10 Finika, 12 Cuban Grey, Genesis, 14 others.

2025: Sarahmae 3 8 7, K Kennedy(5) 14-1 (D Hogan), drawn (6), 7 ran.

STARFORM: ROSIE FRITH **DANGER:** Ipanema Queen

3.25 PHOENIX SPRINT STAKES (GROUP 3)
Class 1 6f (5 runners) €34,711

1 (2) 0212 **BIG GOSSEY (21)(CD5,C5,D,A,G,S)(T)** C O'Brien 9 9 7..**W J Lee** ★114
2 (1) -000 **BIG MOJO (29)(D2,G)** M Appleby (UK) 4 9 7........**T Marquand** 113
3 (3) 5130 **BODHI BEAR (22)(C,D,G)** J A Stack 4 9 7........**C T Keane** 107
4 (4) 0546 **BUCANERO FUERTE (22)(CD3,C,D,G)** Robson Aguiar 5 9 7 **David Egan** 108
5 (5) 0-63 **JAMES'S DELIGHT (78)(CD,D5,G,S)** C Cox (UK) 5 9 7 **D Browne McMonagle** 112

Star Betting: 5-4 Big Mojo, 3 James's Delight, 7-2 Big Gossey, 6 Bucanero Fuerte, 14 Bodhi Bear.

2025: Bucanero Fuerte 4 9 7, D Egan 11-2 (A Murray), drawn (8), 12 ran.

STARFORM: BIG MOJO **DANGER:** Big Gossey

4.00 KEENELAND PHOENIX STAKES (GROUP 1)
Class 1 2YO 6f (8 runners) €198,347

1 (1) 201L **CARRY THE FLAG (22)(G)** A P O'Brien 9 5........**R P Whelan** 101
2 (8) 101 **CELERON (22)(CD2,G)** M O'Callaghan 9 5........**O Murphy** ★109
3 (5) 312 **FOLSOM BLUES (17)(BF,S)** J P O'Brien 9 5...**D Browne McMonagle** 103
4 (3) 4212 **KING OF CLOUGHAN (21)(BF,D,G)** J P O'Brien 9 5..**J M Sheridan** 105
5 (7) 2104 **THE SCALLIONATOR (22)(D,G)** M Mulvany 9 5......**Wesley Joyce** 96
6 (4) 102 **TRIBECA (22)(D)** Robson Aguiar 9 5........**David Egan** 100
7 (2) 2121 **SUN GODDESS (43)(CD2,G)** A P O'Brien 9 2........**R L Moore** 108
8 (6) 1403 **VELOZEE (15)(C,G,S)** P Twomey 9 2........**W J Lee** 103

Star Betting: 6-5 Sun Goddess, 11-4 Celeron, 15-2 Folsom Blues, 8 King Of Cloughan, 12 Velozee, 14 Carry The Flag, 16 Tribeca, 50 The Scallionator.

2025: Power Blue 9 5, D Egan 10-1 (A Murray), drawn (4), 5 ran.

STARFORM: SUN GODDESS **DANGER:** Celeron

4.35 HANDICAP
6f (15 runners) €12,397

1 (10) 0262 **GO ATHLETICO (12)(CD2,D2,G,S)(T)** A McGuinness 8 10 1 **R P Whelan** 79
2 (7) -L00 **GERRIT'S GEM (63)(D2,G,S)** J G Coogan 6 9 10..**S T McCullagh** 85
3 (6) 0601 **JON RIGGENS (63)(CD2,C,D,G,S)(T,V)** E Lynam 8 9 9...**J J Ryan** 80
4 (13) 6010 **SOVEREIGN CRY (22)(A,G)** Daniel Murphy 3 9 8........**S Foley** 80
5 (14) 2524 **LOHOOBB (6)** M C Grassick 3 9 5........**W J Lee** ★86
6 (4) 6-44 **NAZARIO (13)(P*,T)** J P Murtagh 3 9 4........**Rory Mulligan (5)** 84
7 (8) 3244 **HUGO'S GIRL (32)(T)** Thomas Dowling 4 9 2........**O Murphy** 79
8 (15) 4144 **NOUVEL ESPOIR (22)(G,S)** J Barcoe 6 9 1...**D Browne McMonagle** 82
9 (3) -L4L **ALL HAIL (18)(B*)** A Oliver 3 9 0........**G F Carroll** 78
10 (5) 4003 **MINT MAN (18)(D,A)(T,V*)** P J F Murphy 5 9 0........**C D Hayes** 84
11 (11) 0-20 **YUTORI (177)** Daniel McLoughlin 4 9 0........**N M Crosse** 82
12 (1) 35L0 **AURORA NOVA (29)(D,G)** A McNamara 7 8 10..**Wesley Joyce (3)** 83
13 (9) 0250 **BEAT THE DEVIL (J28)(A)(T)** P Magee 4 8 10........**R P Cleary** 84
14 (12) 405 **CAISLEAN NI CUAN (12)** T Mullins 3 8 10........**N G McCullagh** 76
15 (2) 0002 **ROSATO (16)(D3)** C Weld 5 8 7........**P McGettigan (5)** 82

LONG HANDICAP: Rosato 8-6.

Star Betting: 4 Go Athletico, 9-2 Jon Riggens, 5 Hugo's Girl, 10 Lohoobb, Nouvel Espoir, Nazario, Rosato, 12 Mint Man, 14 others.

2025: Tropical Retreat 3 9 9, S Foley 8-1 (T Mullins), drawn (5), 13 ran.

STARFORM: GO ATHLETICO **DANGER:** Rosato

5.10 HANDICAP
1m (12 runners) €14,876

1 (9) -502 **BOOYEA (42)(CD,G)(B)** T Gibney 6 10 0...**D Browne McMonagle** 89
2 (4) 0100 **FINAL VOYAGE (84)(D2,A)** J P Murtagh 8 9 13........**J Maye (7)** 90
3 (7) 5210 **GLORY TO BE (22)(G,S)(P)** M C Grassick 4 9 9.....**S T McCullagh** 86
4 (10) 023L **PLAYIN COOL (31)(S)** J Feane 4 9 9........**L T McAteer** 88
5 (5) 0521 **DARK VIPER (17)(D2,G,S)(B)** J Harrington 5 9 8........**S Foley** 91
6 (8) 4030 **HOWYOULIKETHAT (12)(D5,A,G)** Miss H McLoughlin 9 9 6 **D McDonogh** 90
7 (6) 3121 **SUMMER ISLAND (44)(C2,D,A,G)** N Lupini 4 9 4........**O Murphy** 89
8 (3) 3441 **KALIR (25)(D,G)(P)** D K Weld 3 9 3........**C D Hayes** 87
9 (1) L321 **MARMELADOVA (24)(G)** K J Condon 5 9 3........**W J Lee** ★92
10 (12) 0314 **GOAL EXCEEDED (12)(C,G,S)(T)** A McGuinness 5 9 1..**R P Whelan** 88
11 (2) 2320 **NO MORE PORTER (10)(CD,C2)(P,T)** A McGuinness 8 8 13 **C T Keane** 88
12 (11) 523L **GLITTER AND GLORY (21)(A)(P)** J Harrington 3 8 7 **K G Kennedy (5)** 89

LONG HANDICAP: Glitter And Glory 8-6.

Star Betting: 4 Dark Viper, 9-2 Booyea, 5 Summer Island, 6 Marmeladova, 13-2 Kalir, 8 Goal Exceeded, 12 Playin Cool, No More Porter, 14 others.

2025: Esherann 3 9 2, C Hayes 5-2 Fav (D K Weld), drawn (10), 8 ran.

STARFORM: DARK VIPER **DANGER:** Marmeladova

DOWNPATRICK Racing TV

JASON HEAVEY		MOORESTYLE
Shoda	1.58	Shoda (e/w)
Cosmos D'ainay	2.33	Cosmos D'ainay
Augusta George	3.08	Barrogstown Girl
Gangster Granny	3.43	Cobra Queen
Young Doran	4.18	Paymelater
Georgia Celena	4.53	Sneddy Eddie (nb)
Culldoo	5.28	Culldoo

TRACKFACTS Right-handed undulating track, 11f round with tight bends and a stiff uphill finish. 6 fences per circuit.

TOP TRAINERS (with runners) G Elliott 50 winners, (15.9% strike rate), -£14.96, W P Mullins 25, (31.2%), -£1.90, J McConnell 22, (11.8%), -£5.20, G Cromwell 22, (15.7%), -£5.00, D A McLoughlin 11, (10.9%), -£6.00, H De Bromhead 10, (14.1%), +£13.73, P J Rothwell 8, (5.5%), -£6.00, J J Hanlon 7, (7.9%), -£3.00, Ian Donoghue 7, (9.6%), -£3.00, S G Carey 6, (46.2%), -£1.00, S Crawford 6, (7.4%), -£9.00, N C Kelly 5, (4.9%), 0.00.

TOP JOCKEYS (with mounts) Jack Kennedy 16 winners, (19.5% strike rate), -£20.96, Mr Patrick Mullins 13, (46.4%), -£1.28, Sam Ewing 10, (16.9%), +£27.29, Darragh O'Keeffe 10, (9.8%), +£4.45, Alex Harvey 8, (10.7%), +£2.50, Donagh Meyler 7, (17.9%), -£10.17, J J Slevin 6, (7.8%), -£6.12, Mr O McGill 6, (14.3%), -£1.00, Patrick M O'Brien 5, (14.7%), +£10.25, Ricky Doyle 5, (10.0%), -£3.25, J H Williamson 4, (21.1%), -£5.00.

1.58 WTW WILLIS MARES MAIDEN HURDLE
(9 flights) 2m 2f (7 runners) €5,950

1 52166-4 **LILANNBEE (17)** S G Carey 5 11 7........**M Kenneally (5)** 108
2 /3300-0 **SHODA (11)(T)** J P O'Brien 5 11 7........**J J Slevin** ★125
3 4465-4 **SEARCOG (13)(T)** P Magee 4 11 4........**Eoin Walsh** 110
4 0L/F03 **SANTA PAULA (30)** D A McLoughlin 6 10 13........**P M O'Brien (5)** 112
5 PP- **TUBBERFINN LASSIE (294)** J G Carr 8 10 13........**E Finegan (5)** –
6 64 **CLANOKRE LASS (65)** G Elliott 4 10 10........**S Ewing** 96
7 P **GREENROAD GIRL (23)** R K Watson 4 10 10........**C Stone-Walsh** –

Star Betting: 9-4 Shoda, 3 Lilannbee, 7-2 Santa Paula, 4 Clanokre Lass, 7 Searcog, 20 Tubberfinn Lassie, 100 Greenroad Girl.

2025: Atomic Queen 6 11 7, Sam Ewing 5-1 (Peter Fahey), 8 ran.

STARFORM: LILANNBEE **DANGER:** Shoda

2.33 RANDOX RATED HURDLE
(9 flights) 2m 2f (6 runners) €9,917

1 P1-1310 **CHANCEAWETMORNING (56)(BF)** G Elliott 6 11 9........**Josh Williamson (5)** ★128
2 3/103-1 **COSMOS D'AINAY (30)(G)** G Elliott 6 11 7........**J W Kennedy** 124
3 003-110 **MALBAY MADNESS (36)(CD,G)(H)** D A McLoughlin 6 11 5........**P J O'Hanlon** 127
4 20-52LL **TRASNA NA PAIRCE (18)(G,S)(B*)** H De Bromhead 7 11 5........**D J O'Keeffe** –
5 L42/05- **CAP BERNAT (420)(T)** R McNeilly 13 10 13........**DOUBTFUL**
6 401/0-P **SHINNHILL (86)(CD,G)** N McKnight 9 10 13........**P M O'Brien (5)** 104
7 0-030 **TRIBAL MOON (F8)(P,T)** N C Kelly 5 10 13........**Erin Dunseath (7)** 118

Star Betting: 2 Cosmos D'ainay, 11-4 Chanceawetmorning, 7-2 Malbay Madness, 4 Trasna Na Pairce, 16 Shinnhill, 33 Tribal Moon.

2025: Catena Zapata 7 10 13, Sam Ewing 11-1 (Ian Donoghue), 4 ran.

STARFORM: COSMOS D'AINAY **D:** Chanceawetmorning

3.08 LILY O'HARE MEMORIAL HANDICAP HURDLE (0-100)
(9 flights) 2m 2f (12 runners) €4,959

1 /61-003 **KALSMAN (57)(C,G)(H)** L Lennon 8 12 0........**K Buckley** 100
2 55/135- **PRALOGNAN (255)(CD)(T)** A J Martin 7 11 13........**D King** 100
3 5FP-541 **TROPICAL TWIST (2)(G)** G Elliott 5 12 1(7ex)........**J W Kennedy** 99
4 1026/L- **AUGUSTA GEORGE (226)(G)** W J Bryson 8 11 5........**S Ewing** 19
5 30-0654 **PARKGARVE (23)(B*,T)** Ian Donoghue 6 11 5........**P J O'Hanlon** ★109
6 06-020 **BARROGSTOWN GIRL (2)(BF)** J P Fahey 6 11 4........**A P Kelly** 102
7 /300L-0 **LEITZEL (97)** S McParlan 6 11 4........**Mr Alan O'Sullivan (5)** 79
8 0000-40 **FINE PRINT (28)(P,T)** J McConnell 5 10 13........**A Harvey** 98
9 -033U36 **GRANLAHAN (19)** A McGuinness 4 10 9........**D J O'Keeffe** 99
10 50P-B03 **GORTMORE LADY (26)(P,T)** Ciaran Murphy 6 10 8........**Mr J Costello (7)** 101
11 00L-006 **MOUNT HOTHAM (17)** J J Hanlon 7 10 6........**D Mullins** 98
12 L00L0-0 **LA ROCCA LASS (2)(T)** Dermot Day 6 10 2........**Joshua Halford (7)** 72

Star Betting: 3 Tropical Twist, 5 Gortmore Lady, 6 Pralognan, Granlahan, 8 Mount Hotham, Barrogstown Girl, 10 Parkgarve, 12 Kalsman, 16 others.

2025: Wing Back 5 11 0, Phillip Enright 7-4 Fav (S Curling), 10 ran.

STARFORM: GORTMORE LADY **DANGER:** Tropical Twist

3.43 FRANCO HUGHES AWAY BET MARES HANDICAP HURDLE
(11 flights) 2m 6f (11 runners) €7,438

1 114-P03 **COBRA QUEEN (23)(D,G)(P)** H De Bromhead 7 11 12........**D J O'Keeffe** 122
2 1614-1U **SAMBA TRAIN (11)(D,G)** E Bolger 5 11 12........**M P Walsh** 125
3 122-430 **BILLIE FRECHETTE (11)(G)(T)** N Meade 5 11 11........**Mr Finn Tegetmeier (7)** 94
4 5553-32 **THEFLYINGBEE (87)(C)** F G Hand 9 11 11........**Mr J R Martin (7)** 126
5 /01PP-0 **CAMLIN PARK (11)(C,G)(T)** J McConnell 6 11 5........**A Harvey** 117
6 422-212 **POETIC TWIST (55)(D,G)** G Elliott 5 11 3........**J W Kennedy** ★127
7 30-1521 **GANGSTER GRANNY (26)(CD2,G)(P)** C A McBratney 5 11 0........**S W Flanagan** 124
8 0-01613 **JOYA DEL MAR (26)(CD2,G)(P)** D A McLoughlin 8 11 0........**P M O'Brien (5)** 121
9 2416-L5 **OH JANEY (26)(C)(T)** S Crawford 6 10 12........**S Ewing** 122
10 52P-010 **SHANNON BANK (40)(BF)** A Kinirons 7 10 12........**DOUBTFUL**
11 22P2-06 **MISS LIA (57)(BF)(P)** P J Rothwell 6 10 1........**S D Torrens** 124
12 /00-434 **STEPS IN THE SAND (3)(C,G)** Ciaran Murphy 7 10 0........**Mr J Costello (7)** 122

LONG HANDICAP: Steps In The Sand 9-13.

Star Betting: 4 Gangster Granny, 9-2 Poetic Twist, 6 Theflyingbee, Joya Del Mar, 7 Cobra Queen, 8 Samba Train, 10 Oh Janey, 12 others.

2025: Mrs Mc Go 7 11 6, D Kidd(7) 3-1 (J McConnell), 4 ran.

STARFORM: JOYA DEL MAR **DANGER:** Samba Train

4.18 J MURDOCH CONTRACTS MAIDEN HURDLE
(11 flights) 2m 6f (9 runners) €5,950

1 43-0L6 **G N JEFFERSON (16)(T*)** J McConnell 5 11 4........**Shane Fitzsimons (7)** 91
2 422-0 **I CAN FIND EM (11)** Gary McGill 5 11 4........**Mr Oran McGill (5)** 66
3 520040/ **LYGON LAD (490)** G Elliott 6 11 4........**J W Kennedy** –
4 464L-00 **PAYMELATER (36)** S Millar 7 11 4........**R A Doyle** 96
5 4P-6 **THAT'S IT PADDY (89)** Ian Donoghue 5 11 4........**C Stone-Walsh** 47
6 2 **YOUNG DORAN (76)** P J Rothwell 5 11 4........**T Power Roche** ★125
7 3-P50P2 **MAGICAL SAL (26)(P)** C A McBratney 6 10 11........**J J Slevin** 112
8 F01-2 **THESILVERBRIDLE (17)(S)** J McConnell 5 10 11........**M Kenneally (5)** 113
9 LL0 **OOPS A DAISY (30)** J J Hanlon 4 10 7........**J Younge (7)** 81

Star Betting: 6-5 Young Doran, 11-4 Thesilverbridle, 4 Magical Sal, 10 Lygon Lad, 12 G N Jefferson, 20 That's It Paddy, 33 Paymelater, 50 I Can Find Em, 100 Oops A Daisy.

2025: Dramatic License 5 11 4, J J Slevin 6-1 (S Crawford), 6 ran.

STARFORM: YOUNG DORAN **DANGER:** Thesilverbridle

4.53 JOIN US FOR LADIES DAY HANDICAP HURDLE (0-100)
(11 flights) 2m 6f (11 runners) €4,959

1 00060- **OCEAN OF DREAMS (F11)(T*)** Gary McGill 5 11 12........**Mr Oran McGill (5)** 92
2 F20-3U2 **GEORGIA CELENA (17)(CD,G)** J McConnell 8 11 9........**P M O'Brien (5)** 99
3 0LP-L26 **SPEAKASYOUFIND (24)(P)** P J Rothwell 5 11 8........**Ross Sugrue (7)** 99
4 05-2U05 **MY GOOD PAL (16)(P,T)** G Cromwell 7 11 6........**Mr B M Coonan (7)** ★105
5 0L-0554 **SNEDDY EDDIE (16)(P)** G Elliott 6 11 3........**J W Kennedy** 101
6 545L-0L **HAY BABY (30)(S)(H,T*)** E Mullins 7 11 2........**D Meyler** 100
7 600L-2L **BALLINAGAINE GIRL (36)** J J Hanlon 6 11 1........**D Mullins** 98
8 050-55L **BOB THE BUILDER (30)(G,S)** P J Rothwell 9 11 0........**E Staples (5)** 102
9 0PP-04P **SOMETHING SIMPLE (34)(P*)** J J Hanlon 6 10 11........**D J O'Keeffe** 99
10 000 **SONNA LADY (23)** J J Hanlon 4 10 8........**C Stone-Walsh** 78
11 03P-000 **SINEADS FANCY (19)(CD,G)(P)** Stephen Ryan 9 10 4........**D King** 91

Star Betting: 11-4 Georgia Celena, 5 My Good Pal, 11-2 Hay Baby, 6 Sneddy Eddie, 7 Speakasyoufind, 12 Ocean Of Dreams, 14 Sonna Lady, Ballinagaine Girl, Sineads Fancy, 16 others.

2025: Fire Coral 6 10 6, Phillip Enright 7-2 JtFav (S Curling), 12 ran.

STARFORM: SNEDDY EDDIE **DANGER:** Georgia Celena

5.28 ALAN DUNLOP, 90TH BIRTHDAY FLAT RACE
2m 3f (6 runners) €5,455

1 **GREENMEANSGO** J G Carr 7 12 0........**Mr B M Coonan (7)** –
2 46-626# **MARTYMILL (10)(P)** A McCann 5 12 0........**Miss A B O'Connor** ★100
3 63# **TOMMY'S TICKET (19)** C Timmons 5 12 0........**Mr J Dunne (7)** 93
4 PP- **VARGAS (245)** G Elliott 5 12 0........**Mr H C Swan** –
5 3# **CULLDOO (93)(BF)** W P Mullins 4 11 4........**Mr P W Mullins** 92
6 3# **LOVES A LAUGH (26)** S Crawford 4 11 4........**Miss H Ross (7)** 92

Star Betting: 11-8 Culldoo, 4 Martymill, 5 Vargas, 6 Loves A Laugh, Tommy's Ticket, 14 Greenmeansgo.

2025: Minella Supreme 5 12 0, Mr F Buckley(7) 4-5 Fav (J McConnell), 5 ran.

STARFORM: CULLDOO **DANGER:** Loves A Laugh

CHEPSTOW sky sports racing

JASON HEAVEY		MOORESTYLE
Macanudo (trb)	2.06	Macanudo
Dreamlover	2.41	Cash Flow Boy
Global Success	3.16	Romidijo
My Mate Mackley (nap)	3.51	Go Victor (trb)
Scarfo	4.26	Fozzy Osbourne
Symphony's Song	5.01	Symphony's Song

2.06 APPRENTICE HANDICAP
Class 6 6f (8 runners) £3,768

1 (3) 5126 **BE AN ANGEL (15)(BF,D2,G)(P)** B Millman 4 9 9........**J Dickson** 66
2 (5) 0-L3 **MACANUDO (36)(A)** I Williams 5 9 7........**Finlay Bassett (7)** 62
3 (7) 0000 **ARNAZ (8)(G)** M Loughnane 5 9 6........**Hope Regan (7)** ★69
4 (8) 5615 **MARISITTA (26)(BF,CD,G)(P)** J G O'Shea 6 9 2........**A Egan** 65
5 (6) 0-L2 **SUNDIATA KEITA (16)(B*)** J & R Flint 4 9 2.....**Charlie Tucker (3)** 66
6 (2) 4330 **SOME NIGHTMARE (9)(CD3,C3,D2,A,G,S)(P)** J G O'Shea 9 9 1 **Jude Fernandes (3)** 66
7 (1) -545 **OUTER EDGE (24)(CD,A,G)** C Mason 5 9 0........**M Slater** 67
8 (4) 0052 **MACARONE (12)(D2,A,G)** G Harris 5 8 13........**Olivia Haines** 66

Star Betting: 4 Sundiata Keita, 9-2 Macanudo, 5 Marisitta, Macarone, 6 Some Nightmare, Be An Angel, 10 Outer Edge, 12 Arnaz.

2025: Punchbowl Flyer 8 9 7, Jay Mackay(5) 11-4 Fav (J G O'Shea), drawn (7), 7 ran.

STARFORM: MACARONE **DANGER:** Outer Edge

2.41 NURSERY
Class 6 2YO 5f (8 runners) £3,768

1 (5) 302L **OUR FELLA (19)** J S Moore 9 9........**Taylor Fisher** 67
2 (3) 04L1 **DREAMS GALORE (16)(C,G)** Ollie Sangster 9 9........**F Marsh** 66
3 (6) 543 **CHIANTI (24)** A Watson 9 8........**P-L Jamin** 69
4 (8) 4354 **DREAMLOVER (18)(B)** R Spencer 9 8........**G Wood** ★71
5 (4) 0352 **CRYSTAL KRAKEN (16)** D Cunha 9 6........**P Dobbs** 68
6 (7) 026 **DEFIANT DREAM (16)(P)** M Usher 9 4........**T Heard** 67
7 (2) 056 **CASH FLOW BOY (15)** Charlie Pike 9 3........**T Greatrex** 68
8 (1) 0063 **DEVON ANGEL (26)(T)** B Millman 8 4........**Georgia Dobie** 63

Star Betting: 3 Dreams Galore, 9-2 Crystal Kraken, 5 Chianti, 6 Our Fella, Dreamlover, 7 Devon Angel, 10 others.

2025: Elara May 10 1, C Fallon 8-13 Fav (P McBride), drawn (1), 5 ran.

STARFORM: DREAMLOVER **DANGER:** Chianti

3.16 EBF RESTRICTED MAIDEN FILLIES' STAKES
Class 5 2YO 6f (9 runners) £4,320

1 (3) 4 **BAHIA BONITA (31)** Jack Jones 9 2........**F Marsh** 62
2 (10) 6325 **GLOBAL SUCCESS (9)(P)** J S Moore 9 2........**Taylor Fisher** 75
3 (8) 0422 **ROMIDIJO (18)** Charlie Clover 9 2........**P-L Jamin** ★76
4 (5) **SO SEXY ME** Adam Kirby 9 2........**P Cosgrave** –
5 (4) 50 **EASTERN QUEEN (18)** John O'Donoghue (IRE) 8 13..**D J Murphy (7)** 69
6 (7) L **GOLDEN CATURRA (19)** J Gallagher 8 13........**J Leavy** 63
7 (9) LL **INDEPENDENT ROZE (7)** L Williamson 8 13..**Millie Wonnacott (5)** 53
8 (1) LL **LEADING RAYA (23)** M Usher 8 13........**DOUBTFUL**
9 (2) 0 **VOYAGE OF SURVIVAL (18)** A McIntyre 8 13........**W Carson** 44
10 (6) 0 **WINDMILL (23)** Ollie Sangster 8 13........**G Wood** 50

Star Betting: 13-8 Global Success, 7-4 Romidijo, 7 Eastern Queen, 8 So Sexy Me, 12 Bahia Bonita, 16 Windmill, 33 others.

2025: Cloudbuster 9 2, Hollie Doyle 11-4 (Dr R Newland & J Insole), drawn (5), 8 ran.

STARFORM: BAHIA BONITA **DANGER:** Romidijo

3.51 HANDICAP
Class 6 3YO 6f (8 runners) £3,768

1 (8) LLL1 **GO VICTOR (14)(D2,G)** T Culhane & S Barclay 9 12...**C Shepherd** 63
2 (6) L6-L **CICI'S SECRET (15)(H)** Charlie Pike 9 8........**E Greatrex** 54
3 (7) 0-0L **GEEMANN (39)** J Tickle 9 8........**Taylor Fisher** ★65
4 (2) 0L3L **KEN BRULEE (32)(D,G)(P)** M Usher 9 4........**Rose Dawes (5)** 60
5 (5) 3434 **ROGUE REBELLION (9)(A)** R Harris 9 2........**W Carver** 62
6 (3) L224 **MY MATE MACKLEY (10)(C,S)(P)** Adam Kirby 9 1.....**P Cosgrave** 64
7 (4) -004 **INDEPENDENT ANGEL (62)** L Williamson 9 0.. **Millie Wonnacott (5)** 59
8 (1) 0450 **MUSIC AND SONG (20)** D Flood 9 0........**A Egan (7)** 55

LONG HANDICAP: Independent Angel 8-13, Music And Song 8-13.

Star Betting: 9-4 Go Victor, 3 Rogue Rebellion, 7-2 Independent Angel, 4 My Mate Mackley, 16 Ken Brulee, Geemann, 20 others.

2025: Summertime Blues 9 3, H Doyle 11-8 Fav (A Watson), drawn (2), 9 ran.

STARFORM: MY MATE MACKLEY **DANGER:** Geemann

TRACKFACTS Left-handed, undulating, oval track of 2m, which joins the straight course 5f from home. All races up to a mile run on the straight course. Stalls today Centre.

4.26 HANDICAP
Class 6 1m (12 runners) £3,768

1 (8) 105L **DEVIOUS DEVAN (20)(A)** W Muir & C Grassick 5 10 0..**P-L Jamin** 61
2 (5) 5635 **FOZZY OSBOURNE (16)** G Harris 5 9 13........**J Leavy** 58
3 (11) 441L **TOO MUCH TREVOR (16)(C2,G,S)** G Harris 5 9 12..**Ashley Lewis (3)** 62
4 (4) 2262 **GALACTIC GLOW (32)(F,G)(P,T)** J Tickle 9 9 12.......**Taylor Fisher** 60
5 (12) 3112 **DESERT CHARM (15)(CD,D2,G)** M Murphy 4 9 11....**C Shepherd** 60
6 (2) 2212 **KNIGHTMARE (12)(BF,CD,G)(B)** P Evans 4 9 10 **DOUBTFUL**
7 (6) 0332 **REDHOT WHISPER (55)(H)** A Wintle 5 9 10........**F Marsh** 62
8 (7) 6L04 **THE BUREAU CLUB (19)(H,T*)** Charlie Pike 3 9 9.......**E Greatrex** 58
9 (13) 5653 **AJRAD (24)(CD3,D,A,G,S)(P)** B Millman 8 9 9........**G Wood** ★64
10 (1) 1322 **SCARFO (24)(CD,A,S)** B J Llewellyn & Robert Williams 5 9 5 **Charlie Tucker (7)** 63
11 (10) 3533 **A ROSE ADAAY (16)** G Harris 4 9 3........**B Ffrench-Davis (5)** 59
12 (9) 2444 **WESTON COURT (16)(D2,F,G)(V)** R Harris 5 9 1........**W Carver** 60
13 (3) L5LL **BEAU CHEVALIER (47)(B)** E De Giles 3 8 8........**G Mangan** 39

Star Betting: 9-2 Desert Charm, 11-2 Galactic Glow, Redhot Whisper, 13-2 Scarfo, 7 Ajrad, 12 Weston Court, A Rose Adaay, 14 others.

2025: Ajrad 7 9 7, L Edmunds 10-3 (B Millman), drawn (8), 13 ran.

STARFORM: TOO MUCH TREVOR **DANGER:** Redhot Whisper

5.01 HANDICAP
Class 5 1m 2f (6 runners) £4,397

1 (2) 111L **PRIDE OF NEPAL (24)(CD,D3,G,S)** A Carroll 8 9 9..**D J Murphy (7)** 76
2 (4) 5-53 **DANCINGONDIAMONDS (17)** O Murphy 4 9 4...**Hugh Horgan (5)** 71
3 (1) L453 **SYMPHONY'S SONG (16)** I Williams 4 9 0........**R Kavanagh (3)** 76
4 (5) 5041 **CRIMSON ROAD (16)(CD,D2,G)** J & R Flint 5 9 0........**W Carson** 78
5 (6) L606 **STIPULATION (12)(D,A,G)(P)** M Loughnane 5 8 13........**G Wood** ★79
6 (3) 52L5 **ANNEXATION (4)(D2,A,G,S)** A Carroll 10 8 11.......**Molly Gunn (5)** 77

Star Betting: 6-5 Crimson Road, 4 Dancingondiamonds, 5 Symphony's Song, 8 Pride Of Nepal, Annexation, 10 Stipulation.

2025: No corresponding race.

STARFORM: SYMPHONY'S SONG **DANGER:** Pride Of Nepal

LEICESTER Racing TV

JASON HEAVEY		MOORESTYLE
Al Wathba	2.24	Al Wathba
Love Rome	2.59	Bayside (nap)
Robusto	3.34	Ottoman
Cancelled	4.09	Venetian Sky
Ray Mon Dough	4.44	Evening Blues
Ricardo Phillips (nb)	5.19	Hachiman

2.24 LOROS - IRISH EBF NOVICE STAKES
Class 3 2YO 7f (3 runners) £6,804

1 (2) 2 **AL WATHBA (29)** C Appleby 9 7........**C Planas** ★89
2 (1) **EBT'S WARRIOR** W Muir & C Grassick 9 7........**L Edmunds** –
3 (3) 22 **JIMTROTT (38)** E J-Houghton 9 7........**C Bishop** 82

Star Betting: 4-6 Al Wathba, 6-4 Jimtrott, 14 Ebt's Warrior.

2025: Alparslan 9 7, Sam James 14-1 (K R Burke), drawn (2), 6 ran.

STARFORM: AL WATHBA **DANGER:** Jimtrott

2.59 CATALOGUE ENGINEERING NURSERY
Class 5 2YO 7f (6 runners) £4,187

1 (6) 32 **LOVE ROME (27)** C Johnston 9 9........**C Fallon** 71
2 (2) 321 **GREEK SYMPHONY (27)(D,A)** Oliver Cole 9 6..**Mason Paetel (5)** ★79
3 (3) 1603 **BAYSIDE (38)(S)** B Millman 9 5........**L Edmunds** 78
4 (4) 5664 **KATIE'S CAVALIER (15)** D Loughnane 9 1........**S De Sousa** 76
5 (5) 032 **BETTER NATURE (33)** J Portman 9 0........**R Hornby** 72
6 (1) 3334 **JAZZY BAY (12)** E J-Houghton 8 10........**O Carmichael (7)** 77

Star Betting: 7-4 Greek Symphony, 3 Love Rome, 5 Jazzy Bay, 7 Better Nature, 8 Katie's Cavalier, Bayside.

2025: No corresponding race.

STARFORM: BAYSIDE **DANGER:** Love Rome

3.34 TLC TEDDIES FOR LOVING CARE HANDICAP
Class 5 1m 4f (6 runners) £4,187

1 (4) 1503 **ROBUSTO (29)(D4,A,G)(B)** E J-Houghton 6 10 0..**Harry Vigors (5)** 67
2 (6) 2515 **OTTOMAN (15)(CD,C,G)(B)** O Greenall & J Guerriero 4 9 9...**J Callan** ★68
3 (2) 0-1L **MOUNTBATTEN (44)(BF,D,A)(P*)** Sir M Prescott 3 9 9...**D E Hogan** 64
4 (1) 0001 **BARAK WARRIOR (39)(D,F)** J Keane 3 9 8........**S De Sousa** 64
5 (5) 0231 **AL MASLOOL (15)(D,G)(P)** W Haggas 3 9 7........**C Fallon** 66
6 (3) 4115 **SAHM NAIF (19)(G)(B*)** James Horton 3 9 3........**R Dawson** 65

Star Betting: 5-2 Al Maslool, 3 Barak Warrior, 4 Mountbatten, 6 Robusto, 7 Sahm Naif, Ottoman.

2025: Twilight Moon 3 9 6, T Whelan 6-5 Fav (M Tregoning), drawn (3), 6 ran.

STARFORM: AL MASOOL **DANGER:** Mountbatten

4.09 FILLIES' HANDICAP
Class 5 1m (5 runners) £4,187

1 (4) 3541 **CANCELLED (11)(CD,G)(P,T)** J & A O'Neill 5 10 3........**K Stott** 75
2 (1) 3445 **VENETIAN SKY (29)** W Haggas 3 9 7........**C Fallon** 72
3 (2) 0232 **SPIRITOFTHEBLUES (11)(BF,G)** D O'Meara 3 9 6........**M Winn** 76
4 (5) -L35 **KAORI (18)(P*)** G Boughey 3 9 4........**J Callan** ★79
5 (3) 3413 **TAMZAN (26)(D,G)** M Tregoning 3 9 4........**R Hornby** 74

Star Betting: 15-8 Cancelled, 3 Spiritoftheblues, 4 Venetian Sky, 5 Tamzan, 6 Kaori.

2025: Coeur Jaune 3 9 5, D Tudhope 9-2 (D O'Meara), drawn (5), 8 ran.

STARFORM: KAORI **DANGER:** Tamzan

4.44 ADS HANDICAP
Class 4 3YO 6f (6 runners) £6,281

1 (3) -626 **RAY MON DOUGH (15)(D,A)(T)** Oliver Cole 9 11........**H Crouch** 91
2 (1) 00-2 **ART LOVER (29)(D,S)(T)** W Haggas 9 11........**C Fallon** 88
3 (4) 5L20 **EVENING BLUES (15)(A)(H)** S Hanlon 9 11........**B Robinson** 90
4 (5) -110 **SEA COOKIE (31)(D2,G)** Tom Clover 9 8........**N Callan** 89
5 (6) 0-0L **NUEVO SLOVO (69)(G)** S Pearce 9 7........**P Bradley** 81
6 (2) 2L16 **PERCY'S STAR (36)(C,G)(P)** C Dwyer 8 12........**S De Sousa** ★92

Star Betting: 2 Art Lover, 7-2 Sea Cookie, 4 Ray Mon Dough, 5 Evening Blues, 6 Percy's Star, 16 Nuevo Slovo.

2025: Dark Cloud Rising 9 11, Daniel Tudhope 9-2 (D O'Meara), drawn (8), 9 ran.

STARFORM: EVENING BLUES **DANGER:** Sea Cookie

5.19 HANDICAP
Class 6 1m 2f (6 runners) £3,140

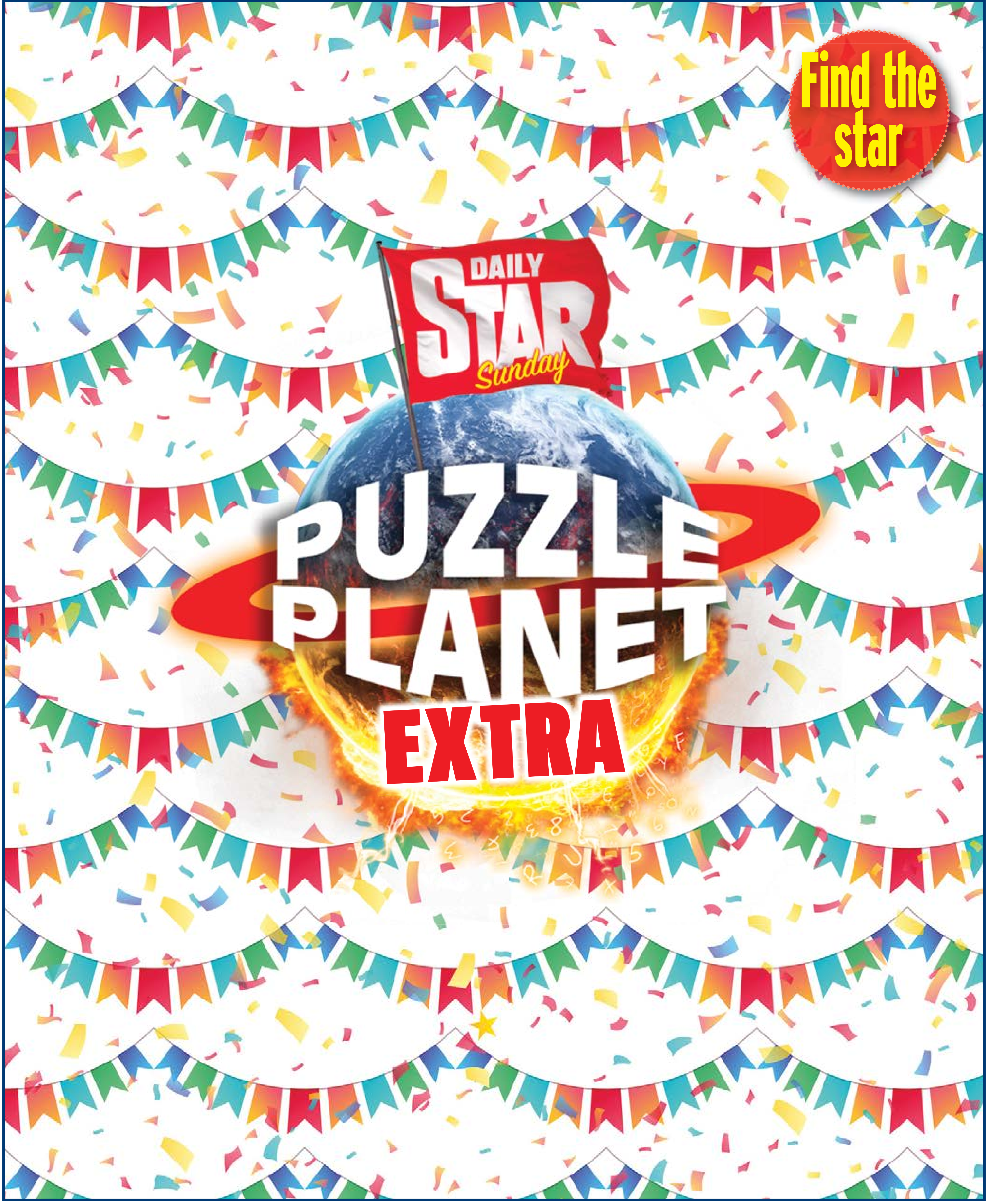
1 (1) 6111 **PISANELLO (8)(G,S)(V)** D O'Meara 9 10 1 ...... **Conor Whiteley (5)** 62
2 (4) 3-32 **RICARDO PHILLIPS (18)(BF,C,G)** H Candy 5 9 9........**N Currie** 66
3 (6) 2444 **KAMEEL (18)(A)(B*)** Jessica Macey 4 9 8........**O Stammers** 65
4 (5) 0035 **HACHIMAN (18)(A)** R Carr 4 9 7........**JP Sullivan** 62
5 (2) 1461 **CLIPSHAM NOBLE (18)(CD,C,G)(P)** Charlie Clover 4 9 5 **Liam Wright (5)** 63
6 (3) L3L0 **READ ALL ABOUT IT (78)** W Muir & C Grassick 4 9 4 **L Edmunds** ★67

Star Betting: 7-4 Pisanello, 5-2 Ricardo Phillips, 4 Clipsham Noble, 6 Kameel, 10 Hachiman, 25 Read All About It.

2025: Angel On High 8 9 6, J Leavy 11-2 (A Wintle), drawn (5), 12 ran.

STARFORM: RICARDO PHILLIPS **DANGER:** Pisanello

TWELVE PAGES FULL OF GAMES AND TEASERS

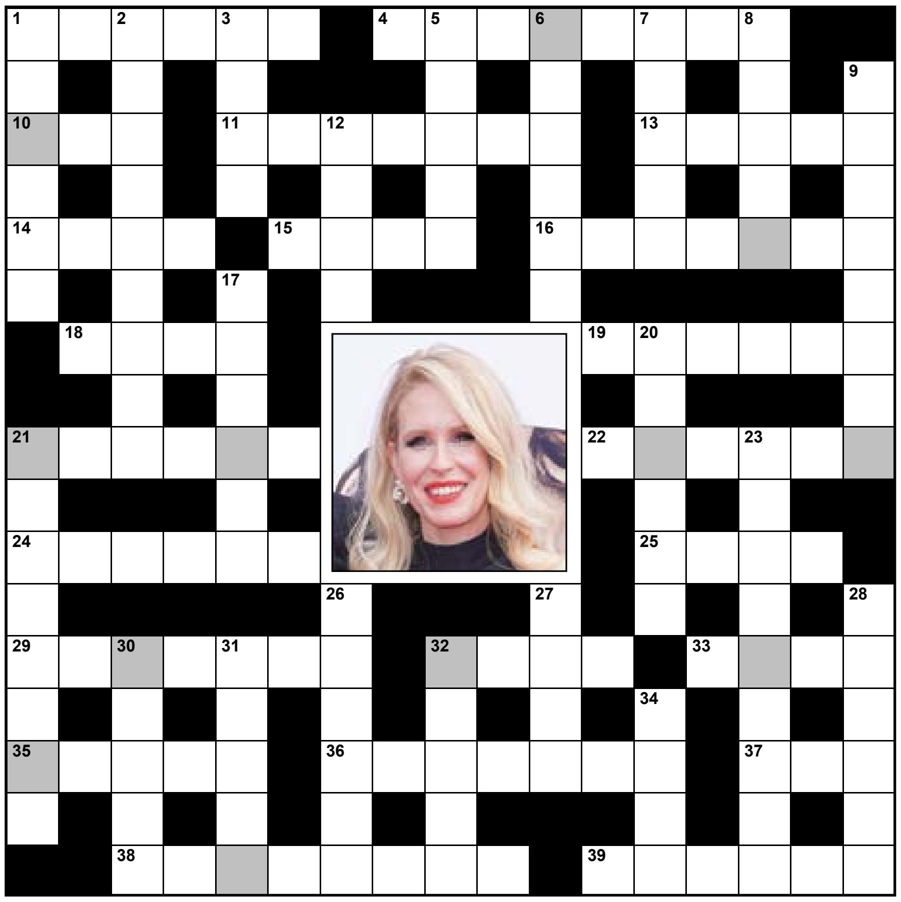


Find the star

DAILY
STAR
Sunday
PUZZLE
PLANET
EXTRA

PUZZLE PLANET EXTRA

CELEBRITY CROSSWORD



Daniel Craig

Rearrange the letters in the shaded squares to spell out the name of the celebrity in the centre of the grid

ACROSS

1 Goodfellas and The Sopranos actress, Lorraine _ (6)

4 & 37 Across Challenge series featuring Bradley Walsh and his son Barney (8,3)

10 & 36 Across Matt Damon movie based on ancient Greek literature (3,7)

11 See 19 Across

13 Stephen Fry's QI-hosting successor, _ Toksvig (5)

14 Scottish BBC football pundit, _ Hansen (4)

15 Sitcom about a bunch of Liverpudlian teenagers (4)

16 Vowel-less Sweet Home Alabama hitmakers, Lynyrd _ (7)

18 Musician married to Paul Simon, _ Brickell (4)

19 & 11 Across You Seem Pretty Sad For A Girl So In Love recording artist (6,7)

21 Samantha Bond comedy drama mystery, The _ Murder Club (6)

22 Peaky Blinders actress and Matt Stokoe's partner, Sophie _ (6)

24 Mockumentary about London's Summer Olympics, _ Twelve (6)

25 US personality, bow wearer and CBB runner-up, Jojo _ (4)

29 See 33 Across

32 Hip-hop group from Battersea, So Solid _ (4)

33 & 29 Across He married his Love Island colleague Lucie Donlan recently (4,7)

35 Finland's hard-rocking Eurovision-winning group of 2006 (5)

36 See 10 Across

37 See 4 Across

38 Swede who fought Sylvester Stallone in Rocky IV, Dolph _ (8)

39 Shepard _, US artist who designed Obama's Hope posters (6)

DOWN

1 Retired England test cricketer, Sir Ian _ (6)

2 Swedish Succession star, _ Skarsgård (9)

3 British house and techno club DJ, _ Cox OBE (4)

5 Sexy Green Wing and The Hour actor, Julian _-Tutt (5)

6 Spanish racing driver who competes for Aston Martin, Fernando _ (6)

7 Iconic Japanese fashion designer, _ Miyake (5)

8 Tall British model, David _ (5)

9 La Cage aux Folles remake with Nathan Lane in drag, The _ (8)

12 Classic FM's Saturday afternoon presenter, _ O' Porter (4)

17 Daniel Craig's Southern detective in 31 Down, _ Blanc (6)

20 Eldest daughter of the Duke of Edinburgh, Lady _ (6)

21 Justin Fletcher's CBeebies clown who knows how to sign (2,6)

23 Families look at life in Australia in Wanted _ (4,5)

26 British star of the Kingsman movies, Mark _ (6)

27 Hold My Hand singer, _ Glynne (4)

28 Scottish snooker player-turned-pundit, Stephen _ (6)

30 British actress famed for Smiley's People and Adrian Mole in the 1980s, _ Reid (5)

31 The second Knives Out mystery, Glass _ (5)

32 Girls Aloud singer who hails from Northern Ireland, Nadine _ (5)

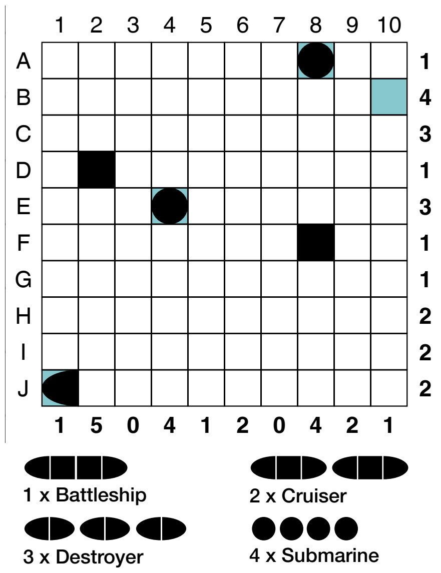
34 Mother of the McQueen clan in Hollyoaks (4)

To hear individual answers or the full solution call 0905 789 4164.

Calls cost 80p per minute plus your telephone company's network access charge. SP: Spoke. Helpline: 0333 202 3390.

BATTLESHIPS

Find where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.



	1	2	3	4	5	6	7	8	9	10	
A								●			1
B										▨	4
C											3
D		■									1
E				●							3
F								■			1
G											1
H											2
I											2
J	◖										2
	1	5	0	4	1	2	0	4	2	1	

1 x Battleship

2 x Cruiser

3 x Destroyer

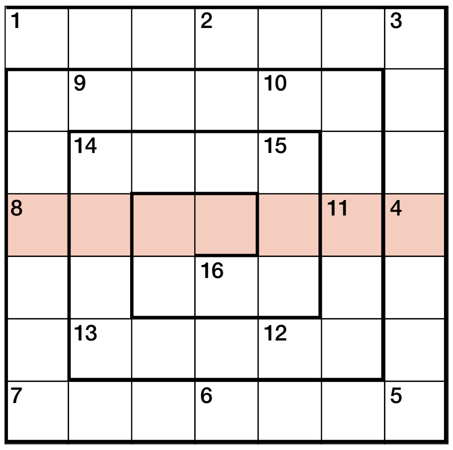
4 x Submarine

WORD SPIRAL

Starting from 1, fill in the grid in a clockwise direction with four-letter words. The last letter of each word becomes the first letter of the next to reveal the seven-letter keyword in the shaded boxes.

Keyword clue: **Body part**

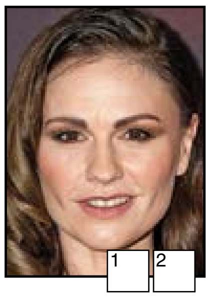
1 Lost blood
2 Sketch with a pencil
3 Giving heat
4 Dairy product
5 Pottery oven
6 Close to
7 Ridge of coral
8 Crease
9 Perishes
10 Prophet
11 Violent disturbance
12 Amphibian
13 Entrance
14 Wealthy
15 Fifty per cent
16 Ticket money

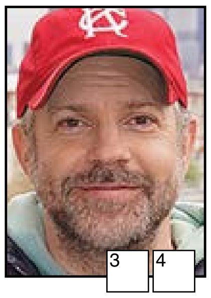


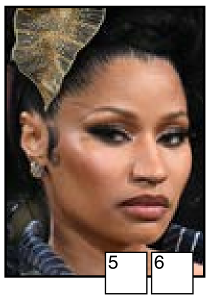
FAMOUS FACES

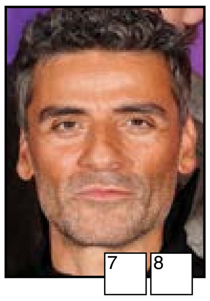
Identify the five celebrities, take their initials and put them in the correct places in the numbered boxes. These letters will spell the name of a celebrity.

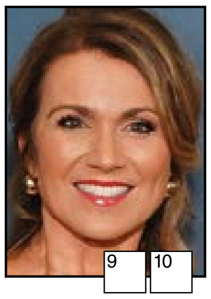
3 8 6
2 1 10 9 7 5 4











Any queries? Email us on puzzles@reachplc.com

SOLUTIONS NEXT WEEK

PUZZLE PLANET EXTRA

TRAIN YOUR BRAIN

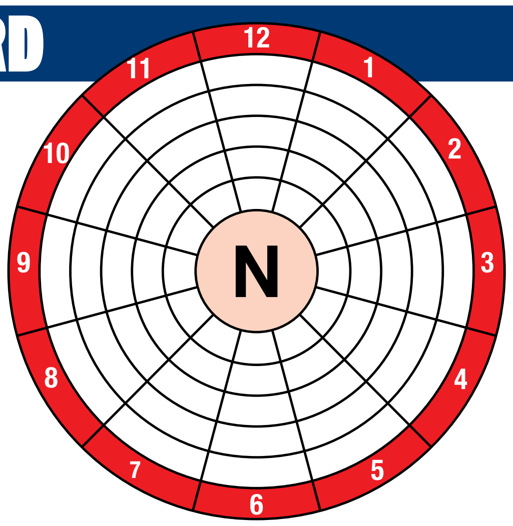
30-SECOND MATHS TEST

Follow the instructions from left to right, starting with the number given, to reach an answer at the end of the row. Set your own 30-second challenge: you have 30 seconds for the BEGINNER task. For a greater challenge, try BEGINNER and INTERMEDIATE in 60 seconds and true mental gymnasts should try INTERMEDIATE and GENIUS in 90 seconds together.

BEGINNER	24	2/3 OF THIS	+27	REVERSE THE DIGITS	50% OF THIS	-5	×3	+18	÷6
INTERMEDIATE	155	80% OF THIS	-86	×9	-78	5/6 OF THIS	-52	÷12	+266
GENIUS	276	+153	6/11 OF THIS	+109	TAKE THE CUBE ROOT	+39	×9	-46	7/8 OF THIS

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter N in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a French stage and screen actress.



1 Specialized language
2 Standard
3 Allot
4 Idea
5 Serviette
6 Command
7 Glove
8 Get
9 Dried grape
10 Number
11 Reddish-brown hair colour
12 Agreement

WORDSEARCH 1

Can you find all of these male singers in the grid?
Words may appear forwards, backwards or diagonally.

BILLY JOEL
BOB DYLAN
BONO
CRAIG DAVID
DAVID BOWIE
ELTON JOHN
ELVIS PRESLEY

IGGY POP
LOU REED
MICHAEL BUBLE
MORRISSEY
NEIL YOUNG
PAUL WELLER
PRINCE

SEAL
STEVIE WONDER
STING
TOM JONES
WILL YOUNG
ZAYN MALIK

G N B X S L Q S G U S T I N G
N H I J E P A U L W E L L E R
U O L N N P Y E Q O N D D T V
O J L Z O G O Y S E H E B G C
Y N Y N J C D P I W E M E D R
L O J G M M C L Y R U O Z A A
L T O N O B Y Z U G C R P V I
I L E I T O R O Y H G R F I G
W E L B U B L E A H C I M D D
R E D N O W E I V E T S P B A
L U G Y R C Y F G N X S B O V
O Z A Y N M A L I K O E V W I
I L M I A Y W M T E C Y Q I D
C H R E L V I S P R E S L E Y
L P F F H N F B O B D Y L A N

NUMBERFIT

Can you fit all the listed numbers into the grid?
We've given you one to get you started.

■		■		■		■		■		■		■
7	6	5	4	2	0	■						
■		■		■		■		■		■		■
				■								
■		■	■	■		■		■		■		■
							■					
■	■	■		■		■		■		■	■	■
					■							
■		■		■		■		■	■	■		■
								■				
■		■		■		■		■		■		■
						■						
■		■		■		■		■		■		■

4 digits
2485
2559
7564
8424

5 digits
12458
34724
67941
98754

6 digits
205454
598458
653285
748752
761508
765420
796542
828590

7 digits
2410627
2458054
5029571
9875475

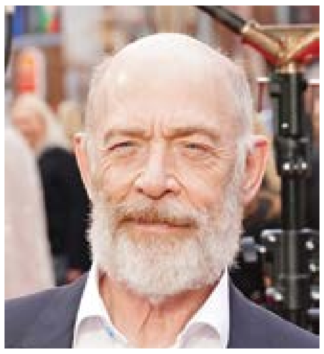
8 digits
50576856
68354248
78965420
98425621

THE NAME GAME

Hidden in the grid is the name of an actress. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name.

1	2	3	4	5	6	7	8	9	10

					■					



1 What nationality is the actor Elijah Wood?
Canadian (E)
English (A)
American (M)

2 When was Mariah Carey's All I Want for Christmas is You, which topped the UK charts for the first time in 2020, first released?
1994 (L)
1998 (R)
2002 (I)

3 In the Harry Potter universe, what are the names of Harry's parents?
James and Lily (L)
Jack and Linda (S)
Joseph and Lisa (Y)

4 Tabasco is a state in which country?
Mexico (I)
Brazil (N)
Argentina (L)

5 The recently discovered Popa langur is a species of what?
Moth (Z)
Frog (N)
Primate (E)

6 Which TV series starred John Barrowman as Captain Jack Harkness?
Torchwood (R)
CSI: NY (S)
Casualty (F)

7 Which British singer had a 1991 hit with the song Promise Me?
Lisa Stansfield (A)
Beverley Craven (B)
Sonia (Y)

8 Which breed of cat is also known as the Wichien Maat?
Thai (A)
Burmese (G)
Persian (T)

9 On a standard dartboard, which number sits between eighteen and thirteen?
Three (T)
Four (S)
Five (G)

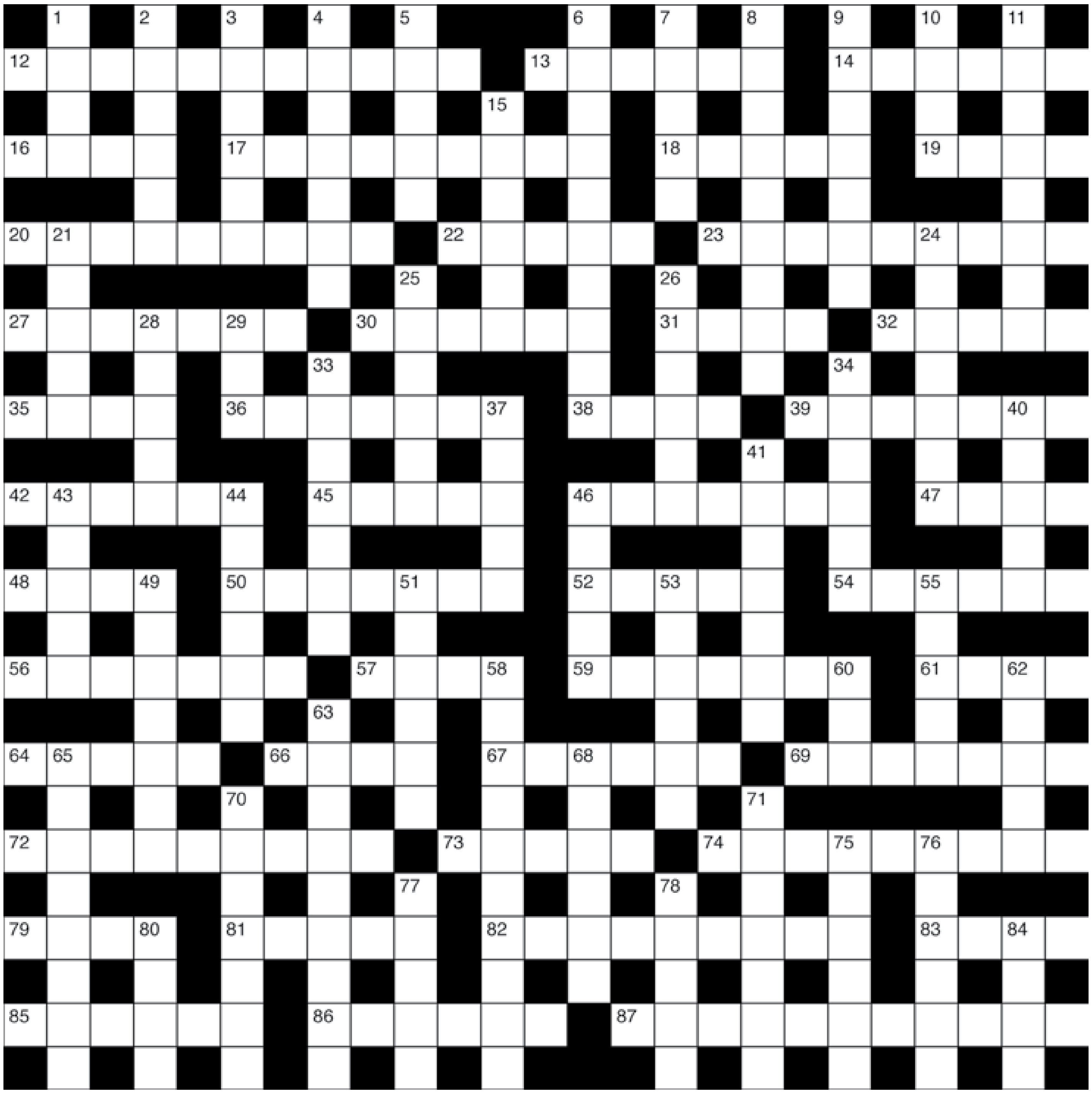
10 J. K. Simmons (pictured) played abusive music instructor Terence Fletcher in which 2014 drama film?
Whiplash (A)
Foxcatcher (Q)
Nightcrawler (F)

SOLUTIONS NEXT WEEK

Test your knowledge with *Jay's Virtual Pub Quiz Book*, available from Mirror Books.
Call 01256 590490 or order online at mirrorbooks.co.uk. (Free P&P on orders over £15.)

PUZZLE PLANET EXTRA

GIANT CROSSWORD



ACROSS

12 Informal (4-3-4)
13 Restaurant (6)
14 Wandered (6)
16 Clean (4)
17 Expanding (9)
18 Class (5)
19 Line (4)
20 One moment (4,1,4)
22 Forgo (5)
23 Pretending (6,3)
27 Ship (7)
30 Ordinary (6)
31 Levy (4)
32 Exposed (5)
35 Bird (4)
36 Moved (7)
38 Discard (4)
39 Extra (7)
42 Grow (6)
45 Number (5)
46 Make-up (7)
47 Record (4)
48 Bound (4)
50 Reading (7)
52 Lament (5)
54 Deny (6)
56 Vessel (7)
57 Stuff (4)
59 Joke (3-4)
61 Urges (4)
64 Coarse (5)
66 School (4)
67 Abandon (6)
69 Part (7)
72 Boarding (7,2)
73 Creep (5)
74 Uneasy (3,2,4)
79 Look (4)
81 Gun (5)
82 Spoke to (9)
83 Friend (4)
85 Uproar (6)
86 Hit (6)
87 Reducing (7,4)

DOWN

1 Region (4)
2 Keen (3-3)
3 Relaxed (6)
4 Poison (7)
5 Extortion (5)
6 Qualms (10)
7 Usual (5)
8 Artist (9)
9 Plant (7)
10 Assistance (4)
11 Encourage (8)
15 Charm (6)
21 Custom (5)
24 Enterprising (2-5)
25 Nuisance (6)
26 Emphasise (6)
28 Slowly (5)
29 Extinguished (3)
33 Condiment (7)
34 Stay (6)
37 Live (5)
40 Call (5)
41 Absorbed (5,2)
43 Picture (5)
44 Fur (6)
46 Award (5)
49 Current (7)
51 Jump (6)
53 Esteem (6)
55 Wonderful (5)
58 Headed for (4,6)
60 Fabrication (3)
62 Despondency (5)
63 Didn't cede (5,4)
65 Spoke freely (6,2)
68 Drink (6)
70 Tangled (7)
71 Pampers (7)
75 Eager (6)
76 Saves (6)
77 Cheerful (5)
78 Started (5)
80 Needy (4)
84 Linen (4)

DITLOIDS

If 3 B M = Three Blind Mice
and 101 D = 101 Dalmatians,
can you solve the following set
of six devious Ditloids?

32 P on a C R

The 5 S of G

W B at 100 D C

21 C in the E A

3 F in the LOTR S

7 A of M

DEFINITIONS

Can you guess the correct meanings of these tricky words?

SIMILE

A Figure of speech expressing resemblance
B Sweet festive cake
C Yellow metallic alloy

RAGLAN

A An overcoat
B Projecting edge of roof
C Unruly person

FALCATE

A Bent like a sickle
B Fall on one's knees
C Like a bird of prey

BRAIN BUSTERS

Can you tackle these four tantalising teasers?

1 'And here are my four cats' smiled Eliot. 'It's easy to remember who's who. The ginger cat doesn't have a 'G' in his name; the tabby's name doesn't begin with 'T' or 'B'; neither Grumpy nor Tiddles has calico fur, and the black cat isn't called Bagpuss or Tama.' Well?
2 Which two words meaning 'star' and 'parched' combine into one meaning 'diverse'?
3 Find the Beach Boys songs in these anagrams:
a) AVOIDING ROBOTS,
b) GUITAR NODE,
c) HER MOP HANDLE.
4 Jack Sanchez is planning a stunt. He'll be doing 20 m/s in rocket-propelled roller blades towards the finish 400 m away. His pals will be in a shopping trolley going 300 m to the finish at a speed of 12 m/s for the first 100 m, until Preston falls out, when it will do 16 m/s to the finish. Who finishes first?

SOLUTIONS NEXT WEEK

PUZZLE PLANET EXTRA

MOVIE LINKS

Name the movies in which these stars appeared together to link Tom Hiddleston to Channing Tatum.

Tom Hiddleston

_ _ _ _:
_ _ _ _ _ _ _ _

Cate Blanchett

_ _ _ _ _

Eric Bana

_ _ _   _ _ _ _,
_ _ _ _ _ _ _ _'_
_ _ _ _

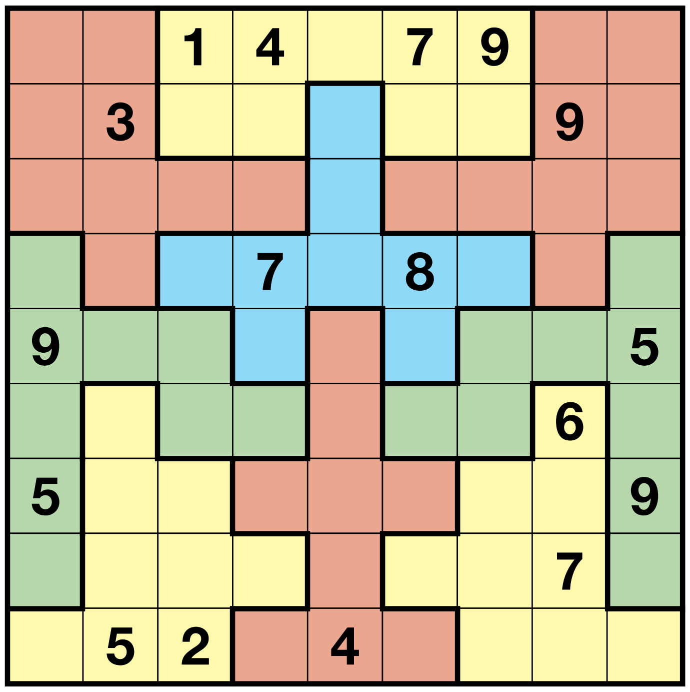
Rachel McAdams

_ _ _   _ _ _

Channing Tatum

JIGSAW SUDOKU

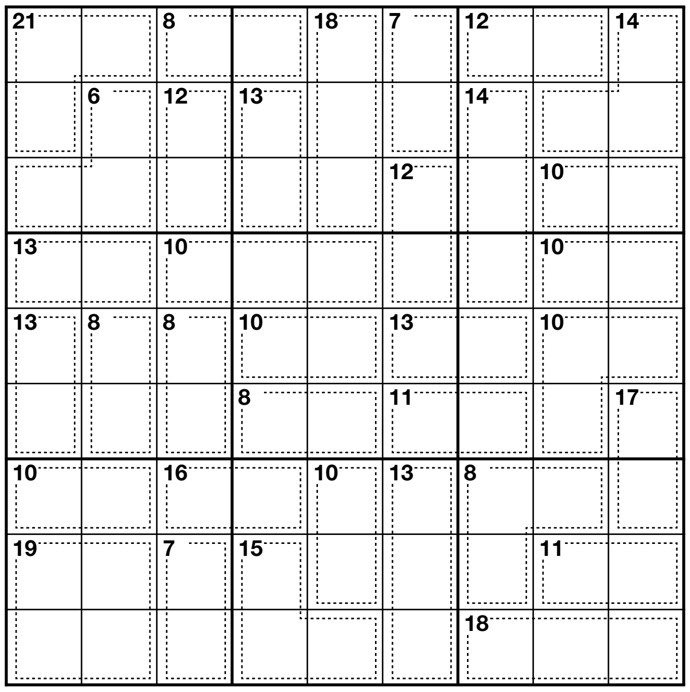
Fill in the rows, columns and boxes with the numbers 1 to 9 without the same number appearing twice in any row, column or box.



		1	4		7	9		
	3						9	
			7		8			
9								5
							6	
5								9
							7	
	5	2		4				

KILLER SUDOKU

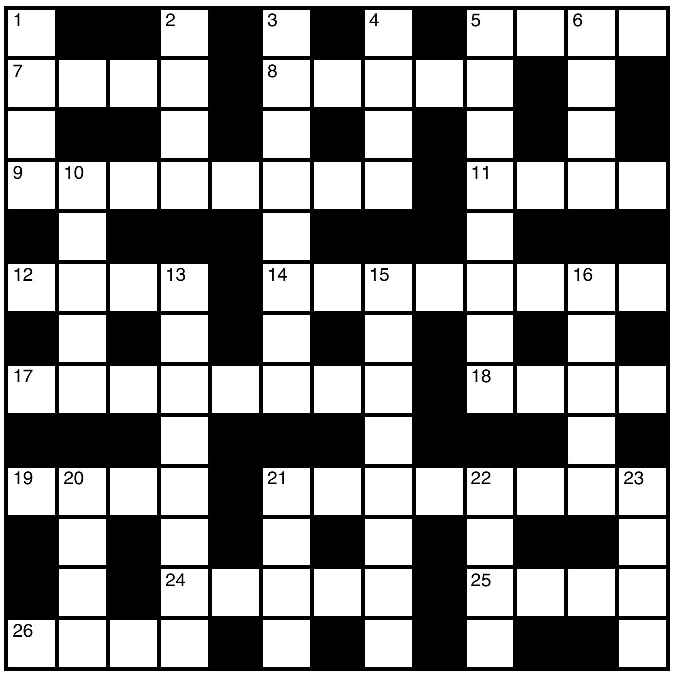
Killer Sudoku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted shapes must be filled with numbers that add up to that in the left corner.



21		8		18	7	12		14
	6	12	13			14		
					12		10	
13		10					10	
13	8	8	10		13		10	
			8		11			17
10		16		10	13	8		
19		7	15				11	
						18		

ANAGRAM CROSSWORD

Fill in the grid using anagrams of the listed words. There may be more than one option for each word.



1	■	■	2	■	3	■	4	■	5		6	
7				■	8					■		■
	■	■		■		■		■		■		■
9	10							■	11			
■		■	■	■		■	■	■		■	■	■
12			13	■	14		15				16	
■		■		■		■		■		■		■
17								■	18			
■	■	■		■	■	■		■	■	■		■
19	20			■	21				22			23
■		■		■		■		■		■	■	
■		■	24					■	25			
26				■		■		■		■	■	

ACROSS

5 TEST
7 BALE
8 LOPER
9 ATELIERS
11 RETE
12 HAST
14 CHAIN-PIN (3 words)
17 RETINUES
18 NAPS
19 HATE
21 THE CAPES
24 OGLED
25 RISE
26 HAYS

DOWN

1 TAME
2 LEER
3 A PIPETTE
4 TOUR
5 ITS SNEER
6 DIET
10 ASSAM
13 PRIESTLY
15 AREN'T LED
16 COLAS
20 DENS
21 DECO
22 SPAT
23 SITE

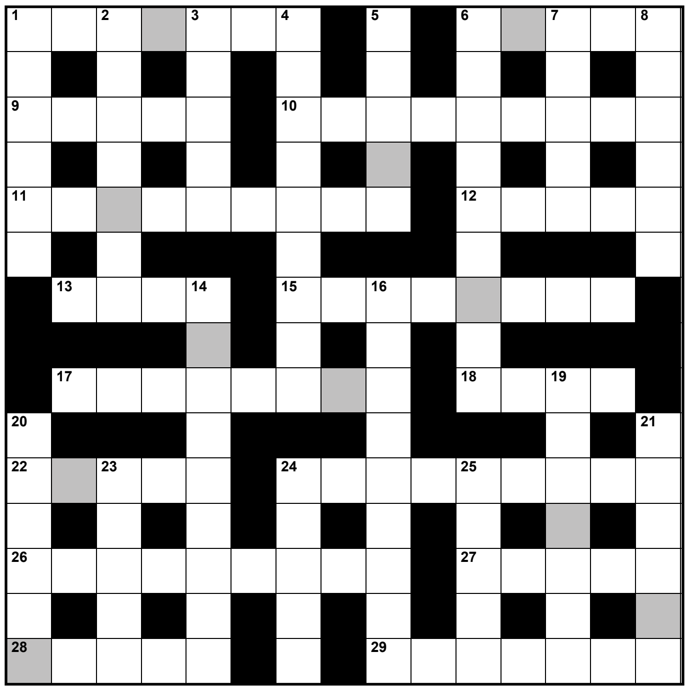
SOLUTIONS NEXT WEEK

Test your knowledge with *Jay's Virtual Pub Quiz Book*, available from Mirror Books. Call 01256 590490 or order online at mirrorbooks.co.uk. (Free P&P on orders over £15.)

PUZZLE PLANET EXTRA

QUIZ CROSSWORD

Rearrange the letters in the shaded squares to reveal the name of an actress (5,6)



ACROSS

1 Jamaican sprinter who is the sixth fastest woman of all time in the 100m, Shericka _ (7)
6 Persian king who founded the Achaemenid Empire in 550 BC, _ the Great (5)
9 The two upper chambers in the heart, that receive blood from the circulatory system (5)
10 States in which political power rests with the people, typically through their representatives (9)
11 1991 Nirvana album considered a landmark in grunge and alternative rock (9)
12 UK street newspaper founded in 1991, The Big _ (5)
13 Pejorative term for a person who looks down on those they consider inferior (4)
15 Finnish composer of the late Romantic and early modern periods, Jean _ (8)
17 2000 novel by Margaret Atwood, The Blind _ (8)
18 West African country whose capital is Lomé (4)
22 American golfer who won the 2023 US Open, Wyndham _ (5)
24 2006 musical by Stephan Elliott and Allan Scott, _, Queen Of The Desert (9)
26 Thinly sliced raw meat or fish, typically served as an appetiser (9)
27 1939 crime novel by Raymond Chandler, The Big _ (5)
28 Emily _, actress and comedian who stars in TV's Rivals (5)
29 Farm vehicle designed to deliver high pulling power at slow speeds (7)

DOWN

1 Given name of author J. K. Rowling (6)
2 Song that was a No. 1 hit for The Housemartins in 1986, _ Of Love (7)
3 Ringo _, musician who was the Beatles' drummer (5)
4 Flowering plant commonly known as the daffodil (9)
5 Animal that moves via its two rear, or lower, limbs or legs (5)
6 Light horse-drawn vehicle developed in 18th-century France (9)
7 French city lying 80 miles northeast of Paris (5)
8 French-born British Impressionist landscape painter of the 19th century, Alfred _ (6)
14 The most widely played casino banking game in the world, also known as 21 Down (9)
16 Long-snouted marsupial native to Australia and New Guinea (9)
19 Victorian-era dramatist known for his partnership with composer Arthur Sullivan, W. S. _ (7)
20 Shrub or tree also known as the wattle (6)
21 Norwegian tennis player and former junior World No. 1, _ Ruud (6)
23 The largest artery in the human body (5)
24 Ancient people who inhabited parts of Scotland from the 1st to 4th centuries AD (5)
25 Central American country whose capital is San José, _ Rica (5)

To hear the across and down solutions call 0907 181 1080.
Calls cost 80p per minute plus your telephone company's network access charge.

SAMURAI SUDOKU

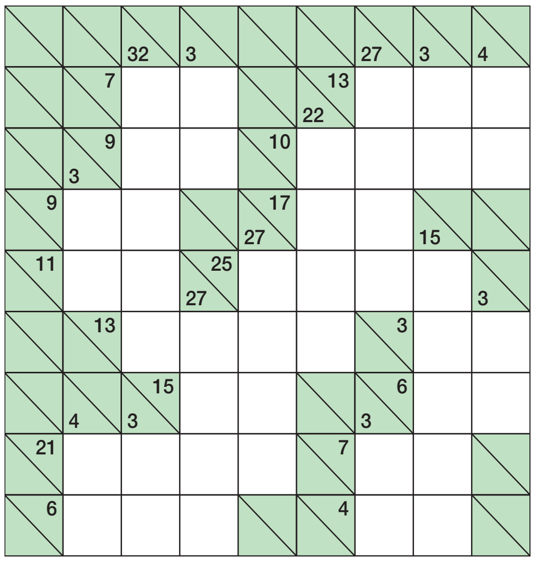
In Samurai Sudoku, normal sudoku rules apply for all five 9x9 sudokus, but the 9x9 inner sudoku shares four of its 3x3 boxes with those of the outside sudokus.

1		9				3								8				4		2
			5		9										8		1			
3						9	7	6				6	5	2						8
	1			2	5			8				2			7	1			3	
			9			1								9			3			
	9		3				2	7				3	7				5		6	
8		6		5						1						8		2		5
		4			8				9		3				9			7		
		1	7		4				6		2				5		2	3		
							2	7				6	3							
						8								7						
							1	6				5	8							
		9	3		6				7		4				4		7	1		
		8			1				8		9				3			4		
3		5		2						5						1		3		8
	7		2				1	6				9	8				2		3	
			1			7								3			5			
	5			7	9			3				5			9	8			4	
1						2	3	7				2	1	5						3
			7		4										2		1			
6		7				9								9				2		5

For extra clues call 0905 789 4163 Calls cost 80p per minute plus your telephone company's network access charge.

KAKURO

Fill in each series of blank squares using the numbers 1 to 9. Each series – across and down – must add up to the number in the shaded box at the beginning or top of the series. A number may be repeated in each line but not in a series.



PATHFINDER

Starting with the highlighted letter, follow a path to find 23 boys' names beginning with O. The trail passes through every letter once (but only once) and may go up, down, left or right, but not diagonally.

L	E	Y	S	U	S	O	A	R	I	V
L	O	D	S	E	E	R	C	O	L	E
I	V	R	O	N	O	O	S	M	O	R
O	Z	Z	I	O	D	I	N	A	R	O
N	O	R	E	S	R	O	M	O	N	R
H	E	E	O	S	M	D	I	A	I	L
P	U	B	A	W	A	N	O	W	N	A
R	S	O	L	S	O	F	O	N	D	O
O	N	I	D	O	L	A	T	E	W	O
O	I	S	O	N	V	A	I	S	O	T
N	O	I	R	A	I	T	C	O	O	T

PUZZLE PLANET

ALPHAPUZZLE™

Alphapuzzle® tests your logic and word power. Each grid number represents a letter. Each letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Can you beat the Target Time? Call for an Extra Letter Clue if you get stuck. Solution tomorrow. DIFFICULTY: 10/10; **TARGET TIME:** 30 minutes
CLUE: Little John's flag.

14	15	8	14	25	14	17	■	21	12	14	2	5
15	■	14	■	12	■	14	■	26	■	15	■	18
12	11	15	2	4	■	26	16	8	13	2	18	2
16	■	16	■	8	■	17	■	23	■	10	■	26
3	14	8	8	14	7	2	8	■	19	26	21	23
26	■	■	■	1	■	3	■	16	■	21	■	■
15	14	3	24	16	8	■	14	15	8	13	2	25
■	■	14	■	2	■	25	■	17	■	■	■	26
9	11	15	2	■	5	11	18	2	20	26	18	15
26	■	26	■	24	■	2	■	18	■	18	■	26
6	26	18	14	26	15	13	■	24	26	8	14	21
2	■	2	■	8	■	14	■	14	■	11	■	2
7	26	13	21	12	■	21	26	17	2	15	22	26

1	2	3	4	5	6	7	8	9	10	11	12	13
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
										B	P	

A ~~B~~ C D E F G H I J K L M N O ~~P~~ Q R S T U V W X Y Z

YESTERDAY'S SOLUTION
Across: Justice, Vast, Wheat, Reactor, Treat, Flab, Heyday, Temper, Told, Quilt, Waxwork, Trove (clue), Lace, Envying.
Down: Switch, Towel, Used, Dyslexic, Tutorial, Corral, Sunken, Zealotry, Antelope, Loon, Throb, Rather. Alphapuzzle® © 2026 Acorn Editorial Ltd

EXTRA CLUE LETTERS: 0907 181 2628*
(Deduct two minutes from target time for each extra letter heard.) FULL SOLUTION: **0907 181 2629***
*Calls cost 80p per minute plus your telephone company's access charge.
Alternatively, for six extra clues to your mobile, text **DSSALPHA** to **64343**.
Texts cost £1 plus your standard network rate.

SUDOKU

	2		9	4		3		
3	6	4	5					
	1		3					5
8	5	7			2			
2								7
			7			2	5	6
5					3		4	
					5	6	8	9
		1		7	4		2	

Fill the grid so that every column, row and 3x3 square includes all the digits from 1 to 9.
LEVEL: Gentle
TARGET: 16 mins
Solution tomorrow

YESTERDAY'S SOLUTION

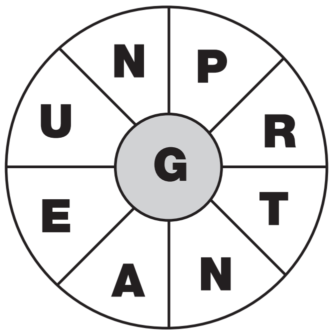
3	8	1	7	4	5	9	6	2
4	7	9	2	6	1	5	8	3
2	6	5	3	9	8	1	4	7
9	2	7	6	1	4	8	3	5
5	3	6	9	8	7	4	2	1
8	1	4	5	2	3	6	7	9
7	9	3	8	5	6	2	1	4
1	5	8	4	7	2	3	9	6
6	4	2	1	3	9	7	5	8

Extra clues: 0901 322 5604
*Calls cost 75p plus your telephone company's network access charge. SP: Spoke, 0333 202 3390

Today's Solution: 0907 181 2630
*Calls cost 80p per minute plus your telephone company's network access charge.

WORDWHEEL

Using only the letters in the wordwheel, take 10 minutes to find as many words as possible, none of which may be plurals, foreign words or proper nouns. Each word must contain the central letter and at least three others. Letters can only be used once in every word. There is at least one nine-letter word in the wheel.



To hear the full solution call 0907 181 1078.
Calls cost 80p per minute plus your telephone company's network access charge. SP: Spoke, 0333 202 3390.

LOSS WORD

R	R	T	D	N	O	M	Y	A	R
O	O	S	R	O	L	F	E	A	R
R	U	S	S	E	L	L	L	D	O
Y	L	O	N	Y	B	P	D	R	D
T	U	R	A	L	H	O	I	A	E
R	O	L	A	N	D	R	R	Y	R
E	A	R	I	C	H	A	R	D	I
P	R	B	S	U	F	U	R	U	C
U	O	E	C	E	E	R	D	R	K
R	Y	A	N	O	T	S	Y	O	R

Welcome to our Wordsearch with a difference. Not only are there 20 lost names hidden in the grid, written forwards, backwards, up, down or diagonally, but if you find them and cross them out, the letters that remain will spell out a further related name. As usual, we're not going to tell you what the lost names are, but they do all have a strong connection. The hidden name was once comedically a duo – and that's a clue!

WORD LADDER

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time.

	HALF
Robust	
Mammal	
Equine female	
Extra	
Part of the day	
	MOON

SOLUTIONS NEXT WEEK

TWO-WAY TEASER

Call 0907 181 2588
for today's solution. *Calls cost 80p per minute plus your telephone company's network access charge.

CRYPTIC CLUES

ACROSS

1 Customer, about 51, in French town initially (6)
4 Unfashionable, suitable costume (6)
7 Location – it's in the Kent area (4)
8 Stud Neil somehow offended (8)
9 Tidiest eccentric sent tea (7)
12 Some meat eventually consumed (3)
14 Six grabbed by strange lady eagerly (6)
15 Go round with 1p to get vegetable (6)
16 Many entrants holding Japanese money (3)
18 Try this out when parched (7)
22 Drive for a minute with hesitation (8)
23 Insect one is against (4)
24 Insistent request of French fellow – head of department (6)
25 A musical composition each (6)

DOWN

1 Usual copper taking seconds to woman (9)
2 One entering popular canvas shelter on purpose (9)
3 Uncertain toddler covering up stain (5)
4 Ring a sibling found in desert's fertile patch (5)
5 Story of volunteers with the French (4)
6 Trendy egghead with pint, clumsy (5)
10 Distribute loads, say (5)
11 Ruffians, hot, in boats (5)
12 Something that irritates a canny one badly (9)
13 Former partner with writing instruments I have found to be costly (9)
17 Run away to marry Pole, possibly, with energy (5)
19 Headgear journalist detested (5)
20 Drink before graduate dance (5)
21 With stake, a Greek character (4)

QUICK CLUES

ACROSS

1 Customer (6)
4 Set of clothes (6)
7 Locate (4)
8 Offended (8)
9 Tidiest (7)
12 Consumed (3)
14 Eagerly (6)
15 Root vegetable (6)
16 Longing (3)
18 Parched (7)
22 Impetus (8)
23 Opposed to (4)
24 Insist upon (6)
25 Each (6)

DOWN

1 Usual (9)
2 Aim (9)
3 Tarnish (5)
4 Desert's fertile spot (5)
5 Story (4)
6 Unskilful (5)
10 Apportion (5)
11 Ruffians (5)
12 Irritation (9)
13 Costly (9)
17 Run away to marry (5)
19 Loathed (5)
20 Dance (5)
21 Second Greek letter (4)

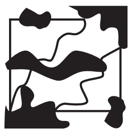
Two sets of clues but the answers are the same
ANSWERS TOMORROW

1		2			3	■	4		5		6	
	■		■	■		■		■		■		■
7				■	8							
	■		■	■		■		■		■		■
	■	9		10				11	■	12		13
	■		■		■	■	■		■		■	
14						■	15					
	■		■		■	■	■		■		■	
16	17		■	18	19		20				■	
■		■	21	■		■		■	■		■	
22								■	23			
■		■		■		■		■	■		■	
24						■	25					

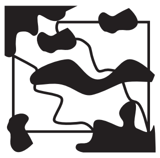
YESTERDAY'S SOLUTION ACROSS: 1 Corporal, 5 Golf, 8 Puma, 9 Resented, 10 Bramble, 12 Fiend, 13 Extras, 15 Varlet, 17 Trout, 18 Carnage, 22 Kangaroo, 23 Plot, 24 Noes, 25 Billowed. DOWN: 1 Capable, 2 Rumba, 3 Rural, 4 Lost, 6 Oatmeal, 7 Faded, 11 Blast, 12 Flair, 14 Trounce, 16 Treated, 17 Token, 19 Atoll, 20 Allow, 21 Grub.

MIRROR IMAGE

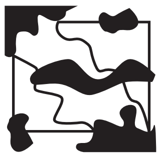
Which of the four shapes below is an exact mirror image of the one to the right?



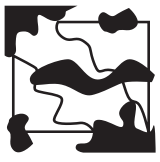
A



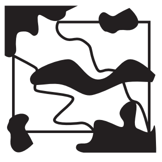
B



C



D



Test your knowledge with *Jay's Virtual Pub Quiz Book*, available from Mirror Books.
Call 01256 590490 or order online at mirrorbooks.co.uk. (Free P&P on orders over £15.)

PUZZLE PLANET EXTRA

DOUBLE JIGWORD

Arrange these crossword fragments to create two completed crosswords in the grids below.

L	O	O
A	■	■
U	R	A

N	■	B
T	E	L
E	■	E

G	■	C
H	I	T
T	■	S

M	B	U
■	H	■
T	O	V

U	■	H
S	I	A
E	■	R

R	E	I
■	■	■
L	E	F

■	O	■
■	M	O
■	E	■

O	■	T
N	O	R
S	■	I

V	■	T
E	M	U
R	■	R

A	■	I
R	A	P
N	■	S

■	R	■
N	■	T
■	■	■

W	■	K
E	M	I
A	■	W

A	R	N
■	■	T
A	V	A

■	L	E
■	E	■
L	S	■

■	W	■
T	H	■
■	O	■

■	■	■
R	■	A
■	A	■

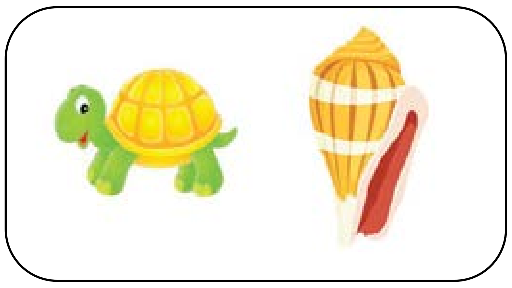
R	S	E
■	■	■
E	R	S

I	■	U
E	V	E
S	■	L

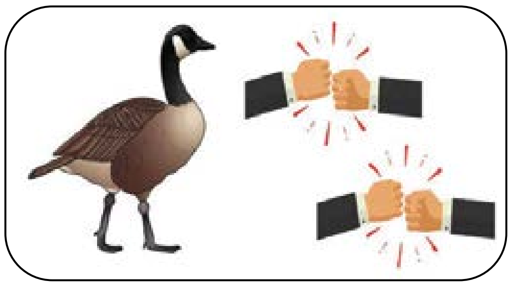
EMOJI QUIZ

Say what you see to find the answers to our emoji quiz!

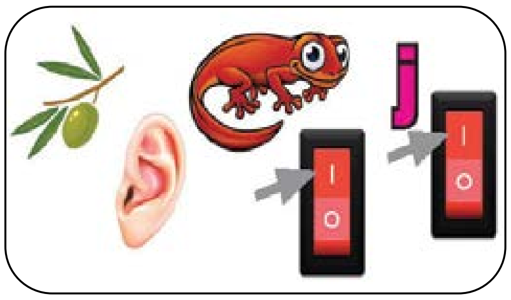
1 Butterfly



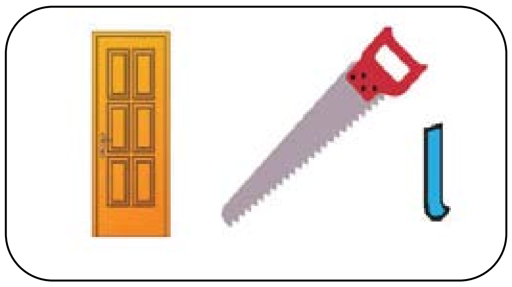
2 TV and film series



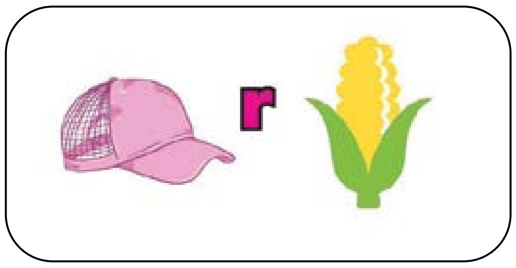
3 Singer



4 Muscle group

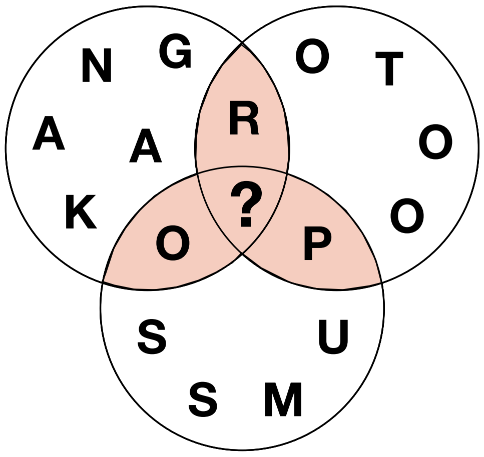


5 Star sign



CIRCLEGRAM

Replace the question mark with a letter so that the letters within each circle can be arranged to form words, names or terms on a common theme.
What are the three words, and the letter represented by the question mark?



WORD BUILDER

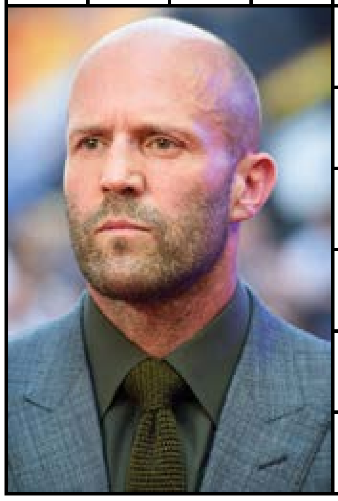
Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter.

1 Expert
2 Speed competition
3 Gain
4 Fee
5 Poise
6 Enclosure
7 Epoch

SOLUTIONS NEXT WEEK

PUZZLE PLANET EXTRA

GIANT ARROWORD



Cougar Agency		_ Britton, TV presenter		Exceed		English river		Jolly		Green-fingered person					
						Musical instrument									
Short sleep		Sound of contempt		Brazilian port Units of farmland				Stadium		Make amends					
						Water nymph									
Semi-aquatic mammals	E.g. jeans		Pet Large mammal				Evaluate Cement mixture								
						Fruit Health resort									
Catherine Zeta-_, pictured		Tutorial							Mesh Toy (2-2)				Not amateur Not well		Go into
					Plea to god Owns							English river			
Breathing disorder		Factual		Headgear				Thug		Stockholm native	Soon				
						Chasm Poem						Type of dance music		Cage for hens	
Epoch Not sober				Grief							Gaming cubes Lowers				
					Beg		Jason _, pictured		Publishing boss						
Harden				Top quality					_ Moines, US city				Tense (2,4)		Wading birds
				Continent		Optical instrument									
								Unusual	Donations	Swindle				Elderly	
				Deadly		Vestige						Spike of wheat			
										Push gently					
				Topics		Equipped with weapons						Obtain			
										Casts off					

SUMTHING

Fit the listed numbers into the grid so that all the sums are correct – reading left to right and top to bottom.

1

0
1
2
2
3
4
4
5
7
7
9

	+		=		1
+	🟥	−	🟥	×	🟥
	×		=		
=	🟥	=	🟥	=	🟥
	×		=		

2

1
2
3
3
4
5
5
6
7
8
9

	×		=		
−	🟥	+	🟥	+	🟥
	×		=		
=	🟥	=	🟥	=	🟥
4	×		=		

PUB QUIZ

HISTORY

1 Who did Queen Victoria marry in 1840?
2 Which British fighter pilot served in the RAF during World War II despite having lost his legs in an accident in 1931?
3 Of which country did Hirohito become emperor in 1926?
4 In which Bosnian city was Archduke Franz Ferdinand assassinated in 1914, precipitating World War I?
5 Who was president of Yugoslavia from 1953 to 1980?
6 Which New York building was the tallest in the world from 1931 until the first World Trade Center tower was completed in 1970?

FILM & MUSIC

7 Which musical term indicates that a work is to be sung without instrumental accompaniment?
8 Who had a 1970 hit with the song Big Yellow Taxi?
9 Who played Danny DeVito’s brother in the 1989 film Twins?
10 Who wrote A Fish Called Wanda and starred in it as Archie Leach?
11 Who directed the film Edward Scissorhands?
12 Which male musician was half of pop duo Eurythmics?

SCIENCE & NATURE

13 Which country is the kiwi bird native to?
14 How many faces has a dodecahedron?
15 What is the common name for sodium chloride?
16 Where in your body would you find cones and rods?
17 Titan is the largest moon of which planet?
18 Tunny is another name for which edible fish?

SPORT & LEISURE

19 With which sport is Stirling Moss associated?
20 What nationality is tennis star Roger Federer?
21 Who is the last Briton to have won the Women’s Singles title at Wimbledon?
22 What was the host city of the 1970 British Commonwealth Games?
23 What is the width in feet of the table in table tennis?
24 In football, which country does Leroy Sane play for?

GEOGRAPHY

25 Of which country was Morarji Desai prime minister from 1977 to 1979?
26 What was the basic monetary unit of Italy until 2002?
27 What is the fourth-largest city in Scotland?
28 The Faroe Islands are a self-governing region of which European country?
29 What is the highest mountain in the Western Hemisphere?
30 In which country is the city of Sofia?

SHOWBIZ QUIZ

1 Pleasantville and The Cider House Rules provided early lead roles for which actor?
2 Oh Yeah and Goldfinger were hits of the 1990s for which British indie band?
3 Which 1990 film from director Mike Leigh starred Alison Steadman as the innuendo-prone housewife Wendy?
4 Which actress starred as the second Mrs. De Winter in the 1940 film adaptation of Rebecca?
5 Which actor played the title character in the 1970s TV sitcom The Fall and Rise of Reginald Perrin?
6 What was the title of US band the Backstreet Boys’ first UK No. 1, in May 1999?
7 Which late actor played Jock Ewing in the 1970s/80s US soap opera Dallas?
8 In TV’s Absolutely Fabulous, what was the name of Edina Monsoon’s oddly dressed secretary, played by Jane Horrocks?
9 Which 1981 film starred Henry Fonda as retired professor Norman Thayer, and Jane Fonda as his daughter Chelsea?
10 Which actress starred as Janet Weiss in The Rocky Horror Picture Show?

SOLUTIONS NEXT WEEK

Test your knowledge with *Jay’s Virtual Pub Quiz Book*, available from Mirror Books.
Call 01256 590490 or order online at mirrorbooks.co.uk. (Free P&P on orders over £15.)

PUZZLE PLANET EXTRA

LOGIC

Can you match each best-selling author to their book?

Evie wants to create a list of her bookshop's 'bestselling authors' to share with customers, so she needs to work out which books have sold the most copies over the last month. Unfortunately her computer isn't working, and so she's relying on memory and scribbled notes that she's made while making sales.

According to a tally she was keeping, Evie sold nine more of Darrel's book than Cathie's, but the crime thriller outsold them both.

The misleadingly-titled tome The Short Hello had apparently stolen the hearts of many readers with its lengthy love story – a number that was half-obscured by a coffee ring, but definitely ended in 7.

A memoir detailing Alec Horne Jr's years spent searching for amber on the Baltic coast was a surprise hit, but Evie couldn't remember which colour appeared in its title.

A note on a paper bag reminded Evie that Equivalent had sold more copies than Golden Coast, but fewer than the unexpected triumph by TikTok star and debut novelist Jem Sale.

The book that had sold the fewest copies was on a shelf for authors with surnames starting with G, H or I, and the top-selling author was on the shelf that ran from O to R.

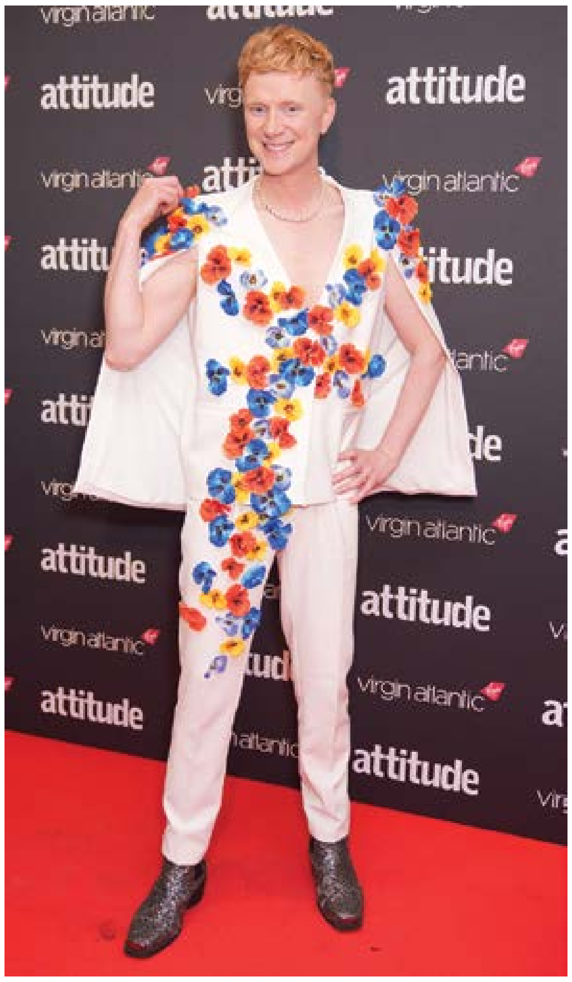
Ms Ratchet had enthralled the nation with her gripping whodunit about a green-fingered assassin.

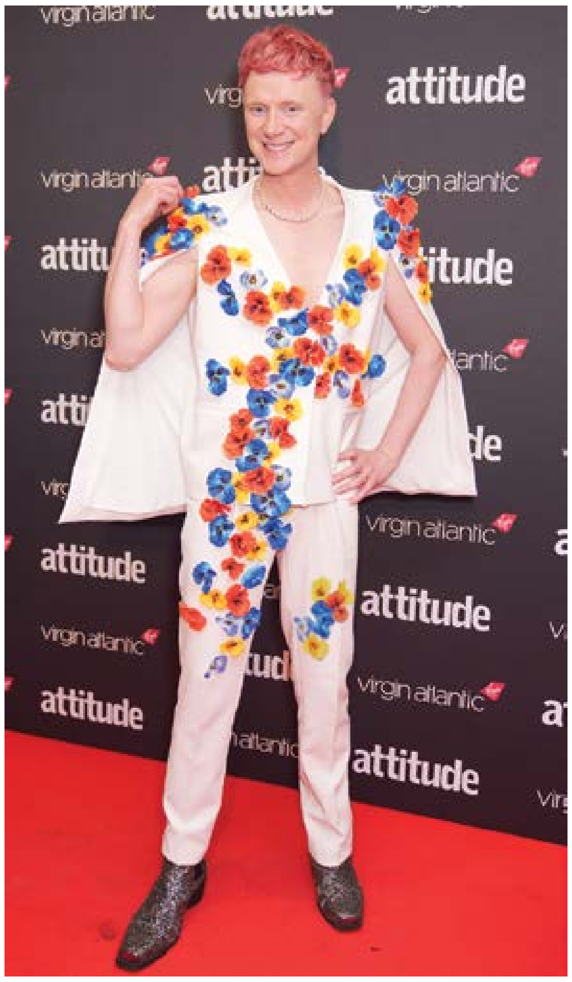
Evie felt sure that the young adult novel had a two-word title.

	Golden Coast	Equivalent	The Gardener	The Short Hello	Forty Hues of Red	Autobiography	Crime thriller	Romance	Science fiction	Young adult	26	29	38	47	67
Aishia G Ratchet															
Alec Horne Jr															
Cathie von Orr															
Darrel Hunt															
Jem Sale															
26															
29															
38															
47															
67															
Autobiography															
Crime thriller															
Romance															
Science fiction															
Young adult															

SPOT THE DIFFERENCE

Can you spot six differences between these two pictures of Owain Wyn Evans?





GOGEN

Place all the remaining letters of the alphabet (except Z) into the grid to form the listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction.

1

B		S		J
G		R		X
N		P		H

BOAR
BOG
CAMPED
CURL
FLY
HELIX
JUST
KID
LAWN
SQUID
VALEDICTORY

A~~B~~CDEF~~GH~~I~~J~~KLM~~N~~O~~P~~Q~~RS~~TUVW~~X~~Y

2

R		W		G
F		L		T
J		Q		B

DOCK
FOYER
HUM
JOKING
LIMB
QUIVER
SPY
TAX
WAIT

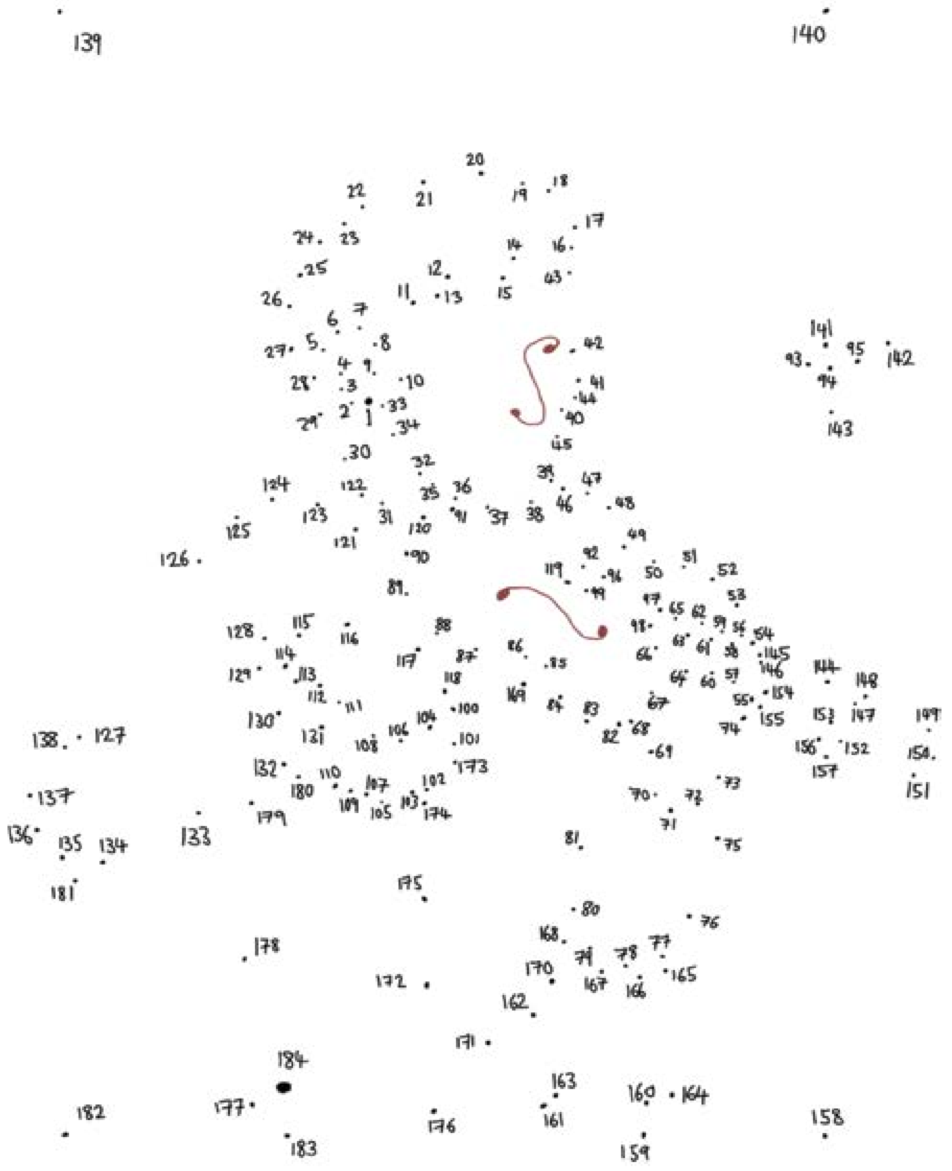
A~~B~~CDE~~FG~~HI~~J~~K~~L~~MNOP~~Q~~~~R~~S~~T~~UV~~W~~XY

SOLUTIONS NEXT WEEK

PUZZLE PLANET EXTRA

DOT-TO-DOT

Brush up your fine motor skills by joining up the dots from number 1. Try gliding smoothly from dot to dot without taking your pen or pencil off the paper.



WORDSEARCH 2

Can you find all of these typefaces in the grid?
Words may appear forwards, backwards or diagonally.

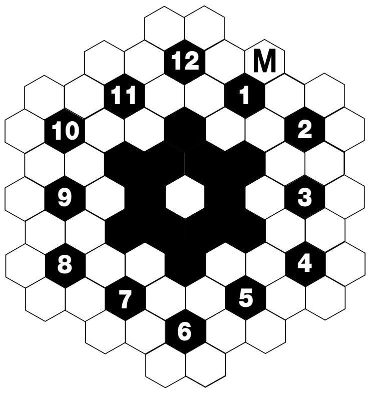
T	C	O	M	I	C	S	A	N	S	O	Y	O	U	M
B	A	S	K	E	R	V	I	L	L	E	B	M	L	A
R	E	D	G	C	H	V	U	K	L	M	E	F	U	C
U	O	F	A	Z	O	W	S	N	E	S	S	L	C	I
S	I	C	M	R	Z	U	O	B	O	S	E	M	I	T
H	F	X	K	S	I	B	R	U	N	B	V	G	D	E
S	G	D	E	W	A	A	V	I	A	M	C	U	A	V
C	V	S	D	S	E	E	L	K	E	U	Q	L	G	L
R	E	Y	R	N	N	L	W	G	L	R	Y	P	R	E
I	R	P	P	I	O	Q	L	H	A	S	N	C	A	H
P	D	O	R	J	Z	M	P	A	L	A	T	I	N	O
T	A	C	M	I	N	Q	A	Y	D	A	L	N	D	V
D	N	V	W	P	H	P	M	R	B	B	F	H	E	E
M	A	A	A	V	K	Z	S	N	A	S	L	L	I	G
V	Y	E	H	R	C	I	H	T	O	G	S	W	E	N

ARIAL
BASKERVILLE
BEMBO
BRUSH SCRIPT
COMIC SANS
COURIER
GARAMOND
GILL SANS
HELVETICA
KABEL
LUCIDA GRANDE
NEWS GOTHIC
PALATINO
ROCKWELL
SABON
SOUVENIR
TIMES
VERDANA

HONEYCOMB

All the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1 Run
2 Inborn
3 Turns out
4 Very sad
5 Type of acid
6 Diamonds
7 Leaf part
8 Chauffeur
9 Unhouses
10 Edible root
11 Commands
12 Lubricate



CELEB WORDMATCH

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one row.

RAIN							FIRE
ECONOMIC							SPURT
COFFEE						■	SALT
SWISS							CAKE
ROSE							SALAD
RUMP	■						HOUSE
DOWN						■	WEAR
POWER							CODE
SKY							BOARD
BALD	■						OWL
CONTRACT							BEE
BOTTOM							SIGN

ARROWORD

COMPLETE the puzzle, then rearrange the letters in the shaded squares to find the name of an actor (6,5).

Bureaucracy (3,4)	▼	A _ of Unfortunate Events	▨ ▼	Pig pen	Imminent	▼	Entertains with conversation	▼	Conductor	▨ ▼
►		▨					Age	►		
Be seated		Cassette		Strip of wood	Bother	▨ ►			Chair	
►	▨	▼	Morose	► ▼	▨		Donkey	►	▼	
My Name is _, US sitcom	►			▨	Small island	▨ ►				
▨ ►			A stiff bristle on ear of barley	►	▨		Hearing organ	►		
Type of snake	Consume	▨ ►			Enthusiasm	►				

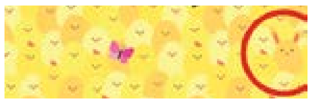
To hear the solution call 0907 181 1079. Calls cost 80p per minute plus your telephone company's network access charge.

SOLUTIONS NEXT WEEK

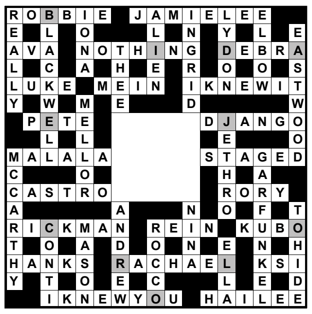
Test your knowledge with *Jay's Virtual Pub Quiz Book*, available from Mirror Books. Call 01256 590490 or order online at mirrorbooks.co.uk. (Free P&P on orders over £15.)

LAST WEEK'S ANSWERS

FIND THE...

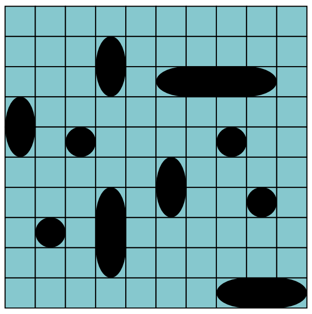


CELEBRITY CROSSWORD

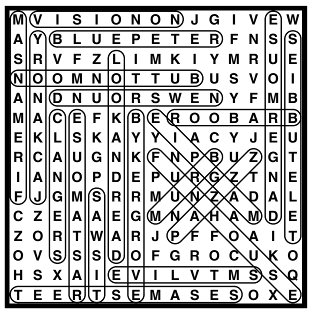


Celebrity is Jacob Elordi

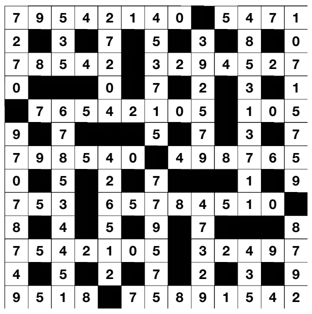
BATTLESHIPS



WORDSEARCH 1



NUMBERFIT



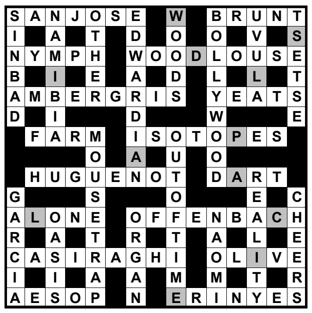
JIGSAW SUDOKU

8	5	6	2	9	1	4	7	3
6	1	4	5	3	7	9	2	8
3	2	7	9	8	5	6	1	4
5	9	3	1	7	2	8	4	6
9	3	8	4	1	6	2	5	7
7	4	2	6	5	8	3	9	1
1	6	9	3	2	4	7	8	5
2	7	1	8	4	3	5	6	9
4	8	5	7	6	9	1	3	2

KILLER SUDOKU

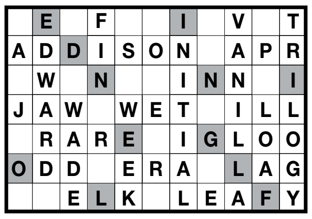
9	2	7	5	4	1	6	3	8
5	6	4	7	8	3	1	9	2
8	3	1	6	2	9	5	7	4
1	8	3	4	9	5	2	6	7
2	4	9	8	7	6	3	5	1
7	5	6	1	3	2	4	8	9
6	9	2	3	1	7	8	4	5
4	7	5	2	6	8	9	1	3
3	1	8	9	5	4	7	2	6

QUIZ CROSSWORD



Singer is Lewis Capaldi

ARROWORD

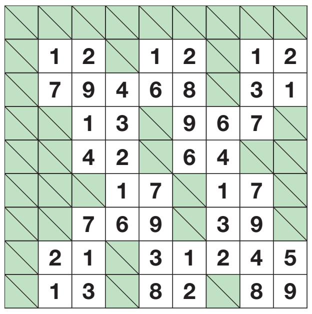


Comedian is Noel Fielding

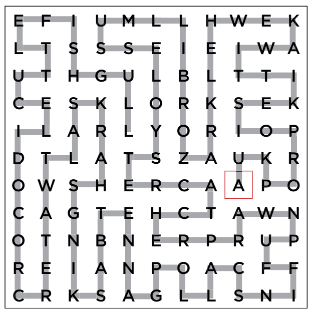
LOGIC

Visitor	Name	Time	Duration
Neighbour	Winifred	10.00am	25 minutes
Owner's sister	Wanda	9.30am	20 minutes
Parcel courier	Walter	12.00pm	5 minutes
Postman	Winston	11.00am	10 minutes
Sales rep	William	11.30am	15 minutes

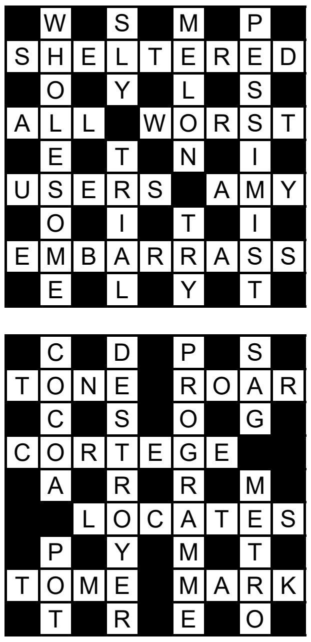
KAKURO



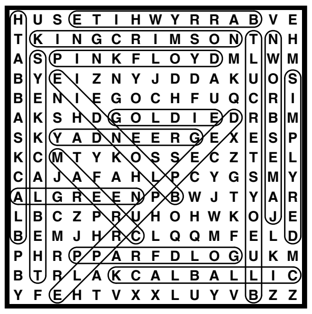
PATHFINDER



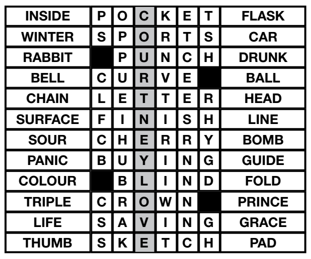
DOUBLE JIGWORD



WORDSEARCH 2

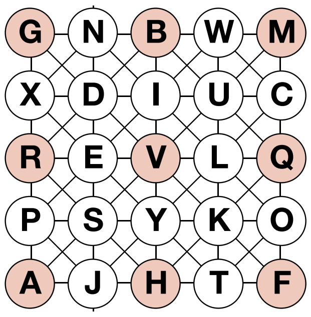


CELEB WORDMATCH

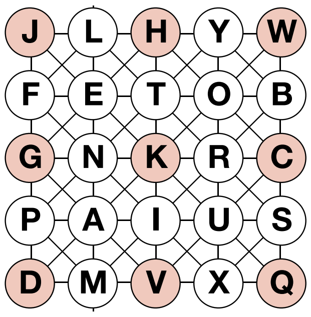


GOGEN

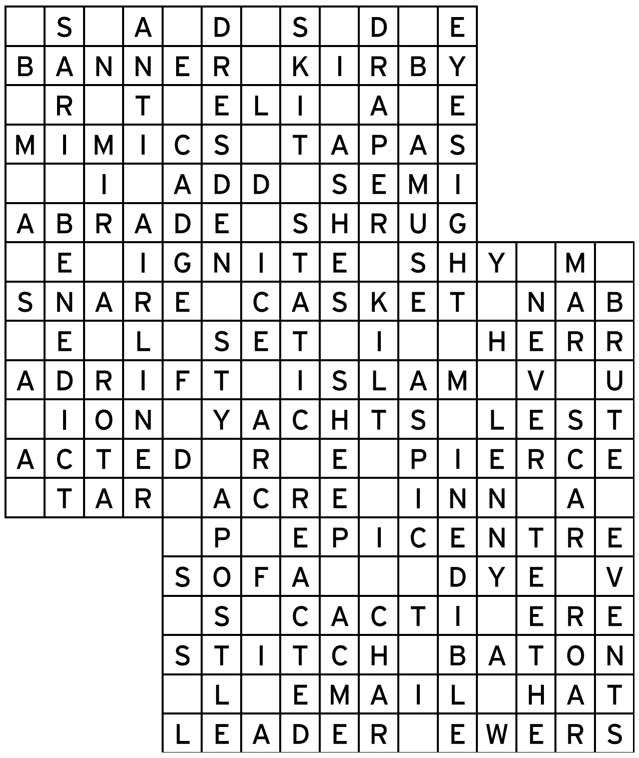
1



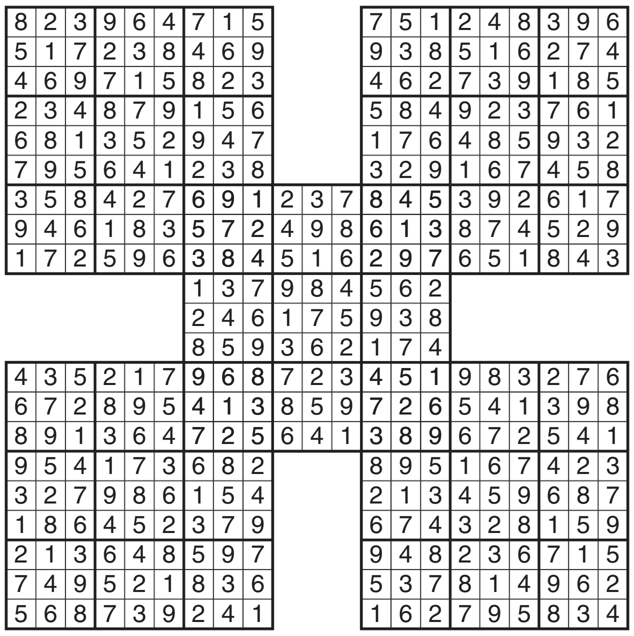
2



GIANT ARROWORD



SAMURAI SUDOKU



FAMOUS FACES
Adrian Dunbar, Adrian Edmondson, Ellie Goulding, Indira Varma, Stevie Nicks: GEENA DAVIS

WORD SPIRAL
1 Wash; 2 Heed; 3 Down; 4 Noon; 5 Nays; 6 Soar; 7 Reap; 8 Past; 9 Thus; 10 Sari; 11 Iced; 12 Disc; 13 Club; 14 Beam; 15 Moth; 16 Hurl.
Keyword solution: Purloin

TRAIN YOUR BRAIN
BEGINNER: 84
INTERMEDIATE: 202
GENIUS: 111

CLOCKWORD
1 Lizard, 2 Extend, 3 Oxford, 4 Nudged, 5 Abroad, 6 Remind, 7 Defend, 8 Numbed, 9 Intend, 10 Morbid, 11 Orchid, 12 Yawned.
CELEBRITY: Leonard Nimoy.

NAME GAME
ASTON VILLA

1N, 2A, 3L, 4A, 5O, 6I, 7L, 8T, 9V, 10S.

GIANT CROSSWORD
ACROSS: 13 Caerphilly; 14 Pointer; 15 Heater; 16 Nipper; 17 Trainee; 18 Whine; 19 Earn; 20 Let on; 21 Sense; 22 Struck; 23 Abash; 28 Scoffed; 30 Apprise; 33 Dirty work; 36 Hotpot; 38 Amass; 39 Crowd; 40 Assail; 42 Testy; 43 General; 44 Seeing; 46 Then; 49 Urge; 51 Turkey; 53 Chianti; 55 Spots; 59 Opener; 60 Swede; 61 Frown; 62 Rancid; 63 Blowing up; 65 Altered; 66 Stiffly; 70 Hello; 71 Ardent; 73 Stood; 75 Cross; 80 Blew; 82 Rodeo; 83 Retired; 84 Reward; 85 Pull up; 86 Amnesty; 87 Deliberate.
DOWN: 1 Canine; 2 Drops off; 3 Short; 4 Clothes; 5 Bypass; 6 Spent; 7 Divers; 8 Steward; 9 Brain child; 10 Sheet; 11 Take a bow; 12 Dear; 24 Service; 25 Set-to; 26 Crystal; 27 Strange; 29 Close; 31 Place; 32 Sack; 34 Career; 35 Tore; 37 Pattern; 41 Set upon; 45 Intend; 47 Staring; 48 Shifted; 50 Repulse; 52 Eyed; 54 Alone; 56 Trill; 57 Deal; 58 Wrote; 60 Square deal; 64 Well well; 67 Forswore; 68 Recount; 69 Condole; 72 Thrush; 74 Tirade; 76 Sprats; 77 Tripe; 78 Stays; 79 Bribe; 81 Loud.

DITLOIDS
7 Years as a Teenager
12 States in the American Midwest
A Stitch in Time Saves 9
2 Moons Orbiting Mars
4 Marx Brothers in Duck Soup
10 Plagues of Egypt

DEFINITIONS
A. Murder of a parent or near relative
A. Wonderful
A. Prove beyond doubt

BRAIN BUSTERS
1. A tall dark stranger on Monday, a lucky windfall on Tuesday, someone asking for help on Wednesday and family conflict on Thursday.
2. Fur-row.
3. a) I Have A Dream, b) Super Trouper, c) Our Last Summer.
4. 0.8 cm.

MOVIE LINKS
Les Misérables; Jennifer's Body; Friends With Kids; Bridesmaids.

ANAGRAM CROSSWORD
Across: 1 Traded, 4 Dive, 8 Floats, 9 Hearer, 11 Litre, 12 Assuage, 13 Dentist, 19 Erratum, 21 Pearl, 22 Images, 23 Recite, 24 Sung, 25 Feared.
Down: 2 Aborts, 3 Extreme, 5 Items, 6 Earwax, 7 Forces, 8 File, 10 Ragtime, 14 Supreme, 15 Period, 16 Breaks, 17 Easier, 18 Glue, 20 'tween.

PATHFINDER
Auk, Porpoise, Kittiwake, Whelk, Razorbill, Mussel, Oystercatcher, Prawn, Puffin, Scallop, Gannet, Basking shark, Saltwater crocodile, Cuttlefish, Gull

WORDWHEEL
9-letter word is MINIATURE

WORD LADDER
Side, Site, Sits, Sets, Sees, Seep, Step

LOSS WORD
ANSWERS: The lost words are BAILEY, BARBICAN, CHAMBER, CHAPEL, DITCH, DRAWBRIDGE, GATEHOUSE, HALL, KEEP, LOOPHOLE, MOAT, MOTTE, PARAPET, RANGE, STABLE, TOWER, WELL, all parts of a castle. The hidden word is DUNGEON.

MIRROR IMAGE: A

EMOJI QUIZ
Khalid
Pointer Sisters
Spinach
Shower gel
Bloodshot

CIRCLEGRAM The letter represented by the question mark is L. Lineker, Shilton, Armfield, all former England football captains.

WORD BUILDER
Use, Sure, Rules, Lustre, Lutes, Lets, Set

PUB QUIZ
1 Richard Nixon, 2 Versailles, 3 Mussolini, 4 Gladstone, 5 World War I, 6 Olympia, Greece, 7 Steve Martin, 8 Andrew Lloyd Webber, 9 Charlize Theron, 10 Bucks Fizz, 11 The Jackson 5, 12 Tatooine, 13 Ten, 14 Decibel, 15 Vitamin D, 16 The throat, 17 Haw, 18 Kr, 19 Lacrosse, 20 Bingo, 21 Mon Mome, 22 Plumber, 23 1980s, 24 Albion, 25 Australia, 26 The Pacific Ocean, 27 The Alps, 28 Tennessee, 29 Milan, 30 The Republic of Ireland.

SHOWBIZ QUIZ
1 Due South; 2 Steve McQueen; 3 Swear It Again; 4 David Lean; 5 Dangerous Minds; 6 The Yardbirds; 7 The Orb; 8 Victoria Coren Mitchell; 9 Cybill Shepherd; 10 Roy Walker.

SUMTHING
1. 8x4=32, 2x5=10, 4x9=36
2. 9x3=27, 5x3=15, 4x6=24

SPOT THE DIFFERENCE
Maureen is wearing two watches; one of the buttons on her dress is missing; the base of the award is deeper; the logo in the top left corner is missing; Maureen has a pocket flap on the lower part of her dress; her dress is longer on the right.

HONEYCOMB
1 Barter. 2 Ranked. 3 Deters. 4 Revere. 5 Errors. 6 Routes. 7 Serene. 8 Nestle. 9 Liable. 10 Baffle. 11 Little. 12 Turret.